

# MORE 30-MINUTE MEAL PLANS

200 ALL-NEW RECIPES by the much-loved author of the blog Good Cheap Eats—the go-to source for fresh, fast, and flavorful food that doesn't break the bank

**GOOD  
CHEAP  
EATS  
DINNER  
IN 30  
MINUTES  
(OR  
LESS!)**



JESSICA FISHER

FEATURING RECIPES FROM  
MY NEW COOKBOOK

JESSICA FISHER

# More 30-Minute Meal Plans

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## Wondering how you can get out of the take-out line

and into your seat at the dinner table at home? Want to eat wholesome homemade meals? Don't got a lot of time?

I get you!

As a mom of six kids, some homeschooled and one off to college, I know that dance of trying to get dinner on the table without wasting time, money, or brain cells.

I do have our orders at In-n-Out programmed into my phone after all.

But, as much as I love me a grilled cheeseburger protein style, I know that it's better for my wallet and my health that I cook at home.

What if YOU could make dinner -- a well-balanced, healthy dinner -- in 30 minutes without spending a fortune or relying on processed foods?

You'd say, "Sign me up!"

Am I right?

Well, this meal plan, coupled with my new cookbook, [Good Cheap Eats Dinner in 30 Minutes or Less](#) will help you eat for days and weeks and months without breaking a sweat -- or the bank, for that matter.

This Month of Meals Plan is designed to help you make the most of your new cookbook -- and serve dinner lickety split.



## Here's whatcha get in this meal plan:

### 4 weeks of meal plans

[The cookbook](#) is chock full of easy-to-prepare recipes that will suit a host of palates. I've chosen 4 week's worth of recipes to get you started.

These quick fixes are organized according to common ingredients as well as type of meal. I've worked to balance these by cost as well so that no week blows the budget.

An extra perk, all the recipes in this plan can be made gluten-free. Just be sure to read the notes on each week's plan as well as your ingredients' labels.

### 5 grocery lists

Not only do you have a grocery list for each of the four weeks of meals, but you also have a grocery list for the entire month. This month-long list will help you take advantage of grocery sales from week to week or benefit from bulk buying at Costco or other discount warehouses, knowing that you will actually use those ingredients up!

### Weekly prep tips

Each week's meal plan contains tips for prepping ahead so that dinner can be made a day or two in advance and assembled on the spot, or in some cases, even frozen for another night.

Once you've done your shopping for the week, consider blocking out an hour or two to go through this prep list. I find Sunday afternoons to be ideal for the prep work of chopping vegetables, mixing salad dressings and so on. I make extras to include in lunches throughout the week, enabling us to save money and eat well for days to come

## Leftover alerts

While I want you to be able to make dinner quickly and easily each night, I don't want you to have a bunch of food go to waste. You'll also get a few suggestions for using up what's left.

All you need is [a copy of the cookbook](#) and you're ready to get going.

So what next?

- Choose whichever week's plan sounds best to you this coming week.
- Compare the grocery list for the week with what you already have in the cupboard. Cross off the stuff that you already have. It's silly – and expensive – to buy too much.
- Shop for what you still need.
- At the store, keep in mind sale ingredients to buy for future meal plans.
- Work through the prep list as you have time.
- Print out the meals list to tack on the fridge or transfer it to your calendar.
- Have a GREAT week, eating healthy homemade food that won't take long to prepare!

You're holding in your hot little hands everything you need to eat real quick, real good, and real cheap.

# More 30-Minute Meals: Week 1

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## This Week's Recipes

- Chicken Fajita Bake and Baby Greens with Chipotle-Lime Dressing, pp. 42-44
- Denver Oven Omelet and Butter Lettuce Salad with Apples and Gruyere, pp. 22-24
- Veronica's Fillet of Fish and Not Creamy Coleslaw, pp. 63-64
- Chicken, Avocado, and Orange Salad and Mangolada Smoothie, pp. 112-113
- Seasoned Tri-Tip Steak, page 272 and Rebel with a Cause Smashed Potatoes, page 239, steamed vegetables
- Roast Chicken and Vegetables and Quinoa with Chickpeas, pp. 45-46
- Loaded Potato Soup, page 107, favorite bread, biscuits, or crackers

## Gluten-free Adaptations

- Remember to read all your ingredient labels to make sure there isn't any gluten added by the manufacturer. As always, use your best judgment to decide what ingredients are safe for your family.
- Serve corn tortillas or lettuce wraps with the Chicken Fajita Bake.
- Serve the Fillet of Fish in gluten free buns, without a bun, or wrapped in lettuce or napa cabbage.
- Serve gluten-free bread, biscuits, or crackers with the potato soup.

# This Week's Grocery List

The grocery list covers all your dinners for the week. Be sure to check it against what you already have on hand to avoid buying more than you really need. Also add on the groceries you'll need for other meals and snacks as well as extras if you're feeding more than four people.

## Produce

- 2 medium brown onions
- 1 red onion
- 2 pounds small red or gold potatoes
- 5 large russet potatoes
- 12 ounces white mushrooms
- 12-ounce bag broccoli florets or 1 head broccoli
- 2 red bell peppers
- 1 yellow bell pepper
- 1/2 green bell pepper
- 9-ounce package fresh snow peas
- 2 avocados
- 2 oranges
- 1 lime
- 2 lemons (for Jamie's Spice Mix and tartar sauce if using fresh)
- 4 cloves garlic
- one 5-ounce bag baby greens
- one 6-ounce bag chopped romaine lettuce
- one 7-ounce bag butter lettuce
- one 10 to 12-ounce bag shredded cabbage
- 2 medium apples
- 3 medium carrot
- 10 radishes (4 watermelon radishes, if possible)
- 2 bunches scallions
- fresh cilantro

- vegetables for steaming, as a side dish

## Dairy

- 7 large eggs
- 4 ounces Gruyere cheese
- 1 cup half and half
- shredded cheese and sour cream to top potato soup, optional

## Meat, Poultry, and Fish

- 1 pound chicken tenders
- 2 pounds boneless, skinless chicken breast
- 1 cup chopped ham
- 4 cod filets (about 3 ounces each)
- 2 pounds tri-tip steaks
- crumbled, cooked bacon, optional topping for soup

## Dry Goods

- 6 1/2 cups chicken broth (plus extra)
- one 15.25-ounce can black beans
- favorite salsa or [ingredients to make your own](#)
- flour or corn tortillas for chicken fajitas
- 4 hamburger buns (use gluten-free if desired. See note.)
- 8 ounces pineapple chunks
- 14-ounce can light coconut milk
- 1 cup red quinoa
- small can chickpeas
- nonstick cooking spray
- olive oil



- vegetable oil
- Dijon mustard
- cider vinegar
- rice vinegar
- balsamic vinegar
- mayonnaise
- honey
- dill pickles
- unsalted cashews
- roasted, salted pepitas (pumpkin seeds)
- slivered almonds
- almond meal
- favorite bread, biscuit, or cracker (use gluten-free, if desired. See note.)

## Spices

- black pepper
- cayenne pepper
- celery seeds (optional, for Jamie's Spice Mix)
- chipotle chile powder
- dried basil
- dried dill
- dried lemon zest (for Jamie's Spice Mix and tartar sauce if not using fresh)
- dried parsley flakes
- dried tarragon
- fine sea salt
- garlic powder
- ground cumin
- ground ginger
- onion powder

- paprika

## Frozen

- 1 cups frozen mango chunks

## Prep Tips:

All the recipes in [Good Cheap Eats Dinner in 30 Minutes \(or Less!\)](#) are quick fixes. But, you can save even more time if you do some minimal prep work in advance of dinner assembly.

You can easily chop all the veggies for the week and avoid repeated actions every single day. Wash the cutting board once instead of seven times!

Here's a list of things that you can do in advance in order to save a few minutes when it's time to prepare dinner. Keep in mind that four days is a general guideline for prepping food in advance and storing it covered in the refrigerator.

- Chop vegetables for the week, except for the potatoes, which will brown.
- Chop two pounds of chicken into bite-sized pieces.
- Cube the Gruyere and the ham.
- Assemble the spice mixes: for Jamie's Spice Mix and the seasoning for the Tri-tip Steaks.
- The following recipes can be made in advance to some extent. Consult the individual recipes to see how far in advance you can prepare them: Chicken Fajita Bake, Chipotle-Lime Dressing,

Denver Oven Omelet, Butter Lettuce Salad, Mayonnaise for Fillet of Fish, Not Creamy Coleslaw, Chicken, Avocado, and Orange Salad, Roast Chicken and Vegetables, and Loaded Potato Soup.

### **Take a little more time, save a little more money.**

I often call for convenient ingredients such as prewashed greens and shredded cheese to save time. I find the time savings worth the minimal extra investment.

However, you can save more money if you prep these items yourself.

- To save time you can bake your own buns for the fillet of fish sandwiches.
- You can chop your own salad greens instead of buying the bagged variety.

### **Leftover alert!**

I honestly can't imagine your having leftovers from the meals themselves, but if you do...

- Leftover vegetables go great stirred into soup or folded into omelets.
- If there's any tri-tip left, we like to chop it and serve it in tacos or atop greens for a steak salad.
- Once you zest the lemon, you can juice what's left or slice it to use in iced water.

# More 30-Minute Meals: Week 2

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## This Week's Recipes

- Curried Chicken and Apple Salad, p. 142
- Guac o'Clock Tostadas, Cheesy Jalapenos, pp. 124-126
- Shrimp on the Barbie and Tomato Rice Pilaf, p. 288-290
- Smoked Chicken Sausage and Greens Skillet and Quick and Cheesy Polenta, pp. 227-229
- Spaghetti with Quick Meat Sauce and Oven-Roasted Green Beans, pp. 230-232
- Crustless Potato Leek Quiche with Carrot Cups, pp. 34-36
- Easy Chicken and Asparagus/Green Beans and Creamy Mushroom Pilaf, pp. 240-242

## Gluten-free Adaptations

- Remember to read all your ingredient labels to make sure there isn't any gluten added by the manufacturer. As always, use your best judgment to decide what ingredients are safe for your family.
- Serve the Quick Meat Sauce over gluten-free noodles, spaghetti squash, polenta, or zoodles, instead of wheat spaghetti.

# This Week's Grocery List

The grocery list covers all your dinners for the week. Be sure to check it against what you already have on hand to avoid buying more than you really need. Also add on the groceries you'll need for other meals and snacks as well as extras if you're feeding more than four people.

## Produce

- 2 limes, for juicing
- 1 lemon, for zesting and for garnish
- 6-ounce bag baby greens
- 4 large butter lettuce leaves
- 2 apples, such as Braeburn
- 5 scallions
- fresh cilantro
- fresh parsley
- 4 medium avocados
- 4 cups shredded lettuce
- 3 medium tomatoes
- 8 jalapenos or hot yellow peppers
- 1 1/2 medium onion
- 1 1/2 medium bell peppers (any color)
- 1 bunch kale or Swiss chard
- 4 cloves garlic
- 1 pound green beans (can also use frozen)
- 1/2 large leek
- 4 large carrots
- 1 pound asparagus spears (can also use green beans, extend cooking time, if necessary)
- 8 ounces white mushrooms

## Dairy

- 2 1/2 cups shredded cheddar cheese
- 1 cup sour cream
- 3 cups milk
- 4 tablespoons cream cheese
- 7 tablespoons butter
- 3/4 cup shredded Asiago cheese for polenta (You can also use Parmesan.)
- shredded Parmesan cheese for topping Spaghetti (You can also use Asiago)
- 6 eggs
- 1 cup half and half

## Meat/Poultry/Seafood

- 2 pounds peeled large shrimp
- 4 to 8 smoked chicken and apple sausage links
- 1 pound ground beef
- 1 1/2 pounds chicken tenders
- 2 slices pre-cooked bacon

## Dry Goods

- olive oil
- mayonnaise
- red wine vinegar
- Dijon mustard
- 12 pitted black olives
- 1/2 cup golden raisins

- 1/2 cup roasted cashews
- 12 tostada shells
- 29-ounce can refried beans
- hot sauce
- 4 cups long-grain white rice
- 3 1/2 cups vegetable broth
- 5 cups chicken broth
- 1/2 cup beef broth
- 1 (15-ounce) can tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 1 cup canned petite diced tomatoes
- 1 (6-ounce) can tomato paste
- 1 cup polenta
- 1 pound spaghetti (see note for gluten-free alternatives)
- 2 tablespoons toasted slivered almonds

## Spices

- fine sea salt
- freshly ground black pepper
- garlic powder
- curry powder
- cumin
- cayenne pepper
- paprika
- cayenne
- chili powder
- dried oregano
- dried basil
- dried thyme
- Italian herb blend
- kosher salt

- red pepper flakes
- rubbed sage

## Frozen

- 2 cups frozen shredded hash browns

## Prep Tips:

While the meals on this plan are all quick fixes, it's helpful to do a little prep work in advance when you have time. You can easily chop all the veggies for the week and avoid repeated actions every single day. Wash the cutting board once instead of seven times!

Here's a list of things that you can do in advance in order to save a few minutes when it's time to prepare dinner. Keep in mind that four days is a general guideline for prepping food in advance and storing it covered in the refrigerator.

- Prepare FishMama Spice.
- Shred cheeses if you don't buy them shredded already.
- Precook bacon if you're not buying it precooked.
- Chop vegetables for the week.
- Prepare the spiced sour cream for the tortillas.
- These recipes can be made in advance to some extent. Consult the individual recipes to see how far in advance you can prepare them: Curried Chicken and Apple Salad, Cheesy Jalapenos, Spaghetti with Quick Meat Sauce, Crustless Potato Leek Quiche, and the dressing for the Carrot Cups.



## Leftover alert!

I honestly can't imagine your having leftovers from the meals themselves, but if you do...

- Curried Chicken and Apple Salad will go great in a wrap.
- Leftovers from Sausage, Greens, Polenta night go great for breakfast with a fried egg.
- Consider making soup from leftovers. [This recipe for Stone Soup](#) will get you started.
- You may have leftover diced tomatoes if you need to buy a can larger than 8-ounces. These can be stirred into the Quick Meat Sauce or soup, if you don't have another use for them.

# More 30-Minute Meals: Week 3

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## This Week's Recipes

- Chicken Tikka Masala and Coconut Rice, pp. 251-253
- Three-Cheese Enchiladas with Spicy Pintos, pp. 31-33
- Egg and Hash Brown Stacks, p. 245
- Super-Rica's Chicken and Chips with Serrano Pico de Gallo, pp. 188-189
- Burgers with Marsala-Marinated Portobello Mushrooms, p. 278 and Skillet Potatoes, p. 236, simple green salad
- Quick Chicken and Sausage White Bean Stew, steamed rice, Herbed Lemon Broccoli, pp. 100-101
- Ginger-Scented Grilled Salmon, Sweet Potato Hash Browns, steamed or grilled vegetables pp 281-283

## Gluten-free Adaptations

- Remember to read all your ingredient labels to make sure there isn't any gluten added by the manufacturer. As always, use your best judgment to decide what ingredients are safe for your family.
- Use gluten-free chicken broth, not brown ale, in the Quick Chicken and Sausage White Bean Stew.

# This Week's Grocery List

The grocery list covers all your dinners for the week. Be sure to check it against what you already have on hand to avoid buying more than you really need. Also add on the groceries you'll need for other meals and snacks as well as extras if you're feeding more than four people.

## Produce

- 6 medium potatoes
- 1 (1-pound) white sweet potato or several small ones
- 2 medium onions
- 1 medium sweet onion
- 6 cups broccoli florets (or 2 medium heads)
- 3/4 cup fresh orange juice or 2 large oranges
- 1 lime
- 1 lemon for juicing
- 1 head garlic
- knob fresh ginger
- 3 serrano chiles
- 1 jalapeno pepper
- 2 green bell peppers
- 4 ounces white mushrooms
- 4 large Portobello mushrooms
- 4 roma tomatoes
- fresh cilantro
- fresh basil (or you can use dried)
- 6 scallions
- 1 avocado
- greens for a simple side salad
- vegetables for steaming

## Dairy

- 8 eggs
- 8 ounces cream cheese
- 3 tablespoons butter
- 1/2 cup heavy cream
- 1 cup shredded pepper Jack cheese
- 2 cups shredded cheddar cheese
- sour cream for topping hash brown stacks

## Meat/Poultry/Seafood

- 3 pounds boneless, skinless chicken breast
- 1 pound ground beef
- 2 mild Italian sausage links
- 3 slices precooked bacon
- 4 (6-ounce) salmon steaks or fillets

## Dry Goods

- olive oil
- vegetable oil
- 24 corn tortillas
- 4 cups long-grain rice
- 2 (29-ounce) cans pinto beans
- 2 (15-ounce) cans cannellini beans
- 1 (15-ounce) can petite diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup canned light coconut milk
- 1/2 cup coconut flakes or chips
- 2 tablespoons coconut oil
- 1 (4-ounce) can chopped green chiles

- 2 cups favorite enchilada sauce
- 1 (2.25-ounce can sliced black olives
- 1/2 cup dry Marsala wine
- salsa for topping hash brown stacks
- Tortilla chips to go with the pico de gallo
- 1/2 cup brown ale or chicken broth (see note if gluten free)
- 2 tablespoons soy sauce
- 2 tablespoons sherry
- 1 teaspoon honey

## Spices

- fine sea salt
- freshly ground black pepper
- garam masala
- curry powder
- ground cumin
- dried oregano
- dried basil
- dried thyme
- paprika
- garlic powder
- ground ancho chile powder
- cayenne pepper
- herbes de Provence
- red pepper flakes

## Frozen

- 8 hash brown patties

## Prep Tips:

While the meals on this plan are all quick fixes, it's helpful to do a little prep work in advance when you have time. You can easily chop all the veggies for the week and avoid repeated actions every single day. Wash the cutting board once instead of seven times!

Here's a list of things that you can do in advance in order to save a few minutes when it's time to prepare dinner. Keep in mind that four days is a general guideline for prepping food in advance and storing it covered in the refrigerator.

- Chop the vegetables for the week.
- Prepare the salad greens.
- Shred the cheese if not purchasing it already shredded.
- Assemble the FishMama Spice.
- These recipes can be made in advance to some extent. Consult the individual recipes to see how far in advance you can prepare them: Chicken Tikka Masala, Coconut Rice, Three-Cheese Enchiladas, Spicy Pintos, Serrano Pico de Gallo, and Quick Chicken and Sausage White Bean Stew.

## Leftover alert!

I honestly can't imagine your having leftovers from the meals themselves, but if you do...

- All these dishes reheat really well the next day.
- [Stone Soup](#) is a great way to use up little bits.
- Freeze leftover Spicy Pintos to use in Week 4.

# More 30-Minute Meals: Week 4

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## This Week's Recipes

- Grilled Vegetable Medley and Cilantro-Lime Rice, pp. 291-293
- Chicken Saute with Mushrooms and Spinach, p. 221 and Baked Rice, p. 26
- Huevos Rancheros and Spicy Cabbage Salad, pp. 256-258
- Baked Tomato-Basil Tilapia and Roasted Butternut Squash, pp. 47-49
- Chili Stacks and California Winter Salad, pp. 17-19
- Seasoned Turkey Meatloaf and Out-of-the-Box Rice Pilaf, pp. 20-21, steamed vegetables
- Confetti Chili with tortilla chips and toppings: sour cream, salsa, shredded cheese, scallions, cilantro

## Gluten-free adaptations

- Remember to read all your ingredient labels to make sure there isn't any gluten added by the manufacturer. As always, use your best judgment to decide what ingredients are safe for your family.
- Use gluten-free bread crumbs in the meatloaf.
- Omit the orzo from the rice pilaf or use gluten-free orzo.

# This Week's Grocery List

The grocery list covers all your dinners for the week. Be sure to check it against what you already have on hand to avoid buying more than you really need. Also add on the groceries you'll need for other meals and snacks as well as extras if you're feeding more than four people.

## Produce

- 2 (12-ounce) packages cubed butternut squash
- 12 ounces white mushrooms
- 12 ounces sugar snap peas
- 12 ounces baby zucchini
- 12-ounce bag shredded cabbage or coleslaw mix
- 5 ounces baby spinach
- 4 scallions
- 3 large bell peppers (any color)
- 1 green bell pepper
- 2 roma tomatoes
- 3 medium tomatoes
- 2 carrots
- 2 limes
- 2 1/2 medium onions
- 1 orange (for juicing)
- 1 lemon (for zest and for serving; buy 2 if you don't want to serve zested lemon slices)
- 1 avocado
- 1 jalapeno
- fresh cilantro
- fresh basil
- fresh parsley



## Dairy

- 3/4 cup heavy cream
- 9 eggs
- 2 cups shredded Monterey jack or cheddar cheese, plus additional to serve with chili
- 4 tablespoons butter
- sour cream to serve with chili

## Meat/Poultry/Seafood

- 1 pound boneless, skinless chicken breast
- 4 tilapia fillets
- 1 pound ground beef or turkey
- 1 1/4 pounds ground turkey

## Dry Goods

- olive oil
- vegetable oil
- 14 corn tortillas
- 5 cups long-grain white rice
- 15.5-ounce can hominy
- 15-ounce can pinto beans
- 15-ounce can black beans
- 15-ounce can kidney beans
- 15-ounce can refried beans
- 2 (14.5-ounce) cans petite diced tomatoes
- 1 cup salsa verde or tomato sauce
- 1/2 cup tomato sauce

- ❑ 1 cup favorite enchilada sauce
- ❑ 1/4 cup dry sherry
- ❑ 1/4 cup chopped sun-dried tomatoes
- ❑ 2 tablespoons unsalted dry-roasted sliced almonds
- ❑ 3 slices bread for crumbs (use gluten free, if desired; see note)
- ❑ 1/2 cup orzo (use gluten free, if desired; see note)
- ❑ 3 cups chicken broth
- ❑ tortilla chips to serve with chili
- ❑ hot sauce, optional
- ❑ sliced black olives, optional

## Spices

- ❑ fine sea salt
- ❑ freshly ground black pepper
- ❑ ground cumin
- ❑ rubbed sage
- ❑ onion powder
- ❑ garlic powder
- ❑ paprika
- ❑ dried basil
- ❑ dried oregano
- ❑ celery seeds, optional
- ❑ cayenne pepper
- ❑ chili powder
- ❑ onion flakes
- ❑ herbes de Provence

## Prep Tips:

While the meals on this plan are all quick fixes, it's helpful to do a little prep work in advance when you have time. You can easily chop all the veggies for the week and avoid repeated actions every single day. Wash the cutting board once instead of seven times!

Here's a list of things that you can do in advance in order to save a few minutes when it's time to prepare dinner. Keep in mind that four days is a general guideline for prepping food in advance and storing it covered in the refrigerator.

- Chop the vegetables for the week.
- Shred the cheese if not purchasing it already shredded.
- Assemble Jamie's Spice Mix
- These recipes can be made in advance to some extent. Consult the individual recipes to see how far in advance you can prepare them: Spicy Cabbage Salad, Chili Stacks, California Winter Salad, Seasoned Turkey Meatloaf, and Confetti Chili.

### Leftover alert!

I honestly can't imagine your having leftovers from the meals themselves, but if you do...

- All these dishes reheat really well the next day.
- [Stone Soup](#) is a great way to use up little bits. Or make a new soup. For instance, leftover chicken sauté and rice can be thinned with chicken broth and chopped vegetables for an easy chicken and rice soup
- I love meatloaf sandwiches. 😊
- Leftover chili is great in burritos or atop hot dogs.

# The Month's Grocery List

## Produce

- 8 medium onions
- 1 medium sweet onion
- 1 red onion
- 2 pounds small red or gold potatoes
- 5 large russet potatoes
- 6 medium potatoes
- 1 (1-pound) white sweet potato or several small ones
- 36 ounces white mushrooms
- 4 large Portobello mushrooms
- 6 cups broccoli florets (or 2 medium heads)
- 12-ounce bag broccoli florets or 1 head broccoli
- 2 red bell peppers
- 1 yellow bell pepper
- 3 1/2 green bell pepper
- 4 1/2 large bell peppers (any color)
- 9-ounce package fresh snow peas
- 12 ounces sugar snap peas
- 7 avocados
- 3 oranges
- 3/4 cup fresh orange juice or 2 large oranges
- 6 limes
- 6-7 lemons
- 2 heads garlic
- 2 (5- or 6-ounce) bags baby greens
- one 6-ounce bag chopped romaine lettuce
- one 7-ounce bag butter lettuce
- 4 large butter lettuce leaves
- 2 (10 to 12-ounce) bags shredded cabbage or 1 bag cabbage and 1 bag coleslaw mix

- ❑ 1 bunch kale or Swiss chard
- ❑ 5 ounce bag baby spinach
- ❑ 4 cups shredded lettuce
- ❑ 4 medium apples, such as Braeburn
- ❑ 5 medium carrots and 4 large carrots
- ❑ 10 radishes (4 watermelon radishes, if possible)
- ❑ 4 bunches scallions
- ❑ 9 medium tomatoes
- ❑ 6 roma tomatoes
- ❑ 8 jalapenos or hot yellow peppers
- ❑ 2 jalapeno peppers
- ❑ 3 serrano chiles
- ❑ 2 (12-ounce) packages cubed butternut squash
- ❑ 1 pound green beans (can also use frozen)
- ❑ 1/2 large leek
- ❑ 1 pound asparagus spears (can also use green beans, extend cooking time, if necessary)
- ❑ knob fresh ginger
- ❑ 12 ounces baby zucchini
- ❑ fresh cilantro
- ❑ fresh basil
- ❑ fresh parsley
- ❑ vegetables for steaming, as a side dish
- ❑ greens for a simple side salad

## Dairy

- ❑ 3 cups milk
- ❑ 1 1/4 cup heavy cream
- ❑ 2 cups half and half
- ❑ 1 cup sour cream plus more for topping
- ❑ 8 ounces plus 4 tablespoons cream cheese

- 14 tablespoons butter (about 2 sticks)
- 30 eggs
- 2 cups shredded Monterey jack or cheddar cheese, plus additional to serve with chili
- 1 cup shredded pepper Jack cheese
- 5 1/2 cups shredded cheddar cheese plus more for toppings
- 4 ounces Gruyere cheese
- 3/4 cup shredded Asiago cheese for polenta (You can also use Parmesan.)
- shredded Parmesan cheese for topping Spaghetti (You can also use Asiago)

## **Meat/Poultry/Seafood**

- 6 pounds boneless, skinless chicken breast
- 2 1/2 pounds chicken tenders
- 4 tilapia fillets
- 4 cod filets (about 3 ounces each)
- 2 pounds peeled large shrimp
- 4 (6-ounce) salmon steaks or fillets
- 1 pound ground beef or turkey
- 2 pounds ground beef
- 1 1/4 pounds ground turkey
- 1 cup chopped ham
- 2 pounds tri-tip steaks
- 4 to 8 smoked chicken and apple sausage links
- 2 mild Italian sausage links
- 5 slices pre-cooked bacon plus additional for topping soup

## Dry Goods

- 38 corn tortillas
- 12 tostada shells
- flour or corn tortillas for chicken fajitas
- 13 cups long-grain white rice
- 15.5-ounce can hominy
- 2 (29-ounce) cans pinto beans
- 15-ounce can pinto beans
- 2 (15-ounce) cans black beans
- 15-ounce can kidney beans
- 29-ounce can refried beans
- 15-ounce can refried beans
- 2 (15-ounce) cans cannellini beans
- 1 cup chickpeas
- 4 (14.5-ounce) cans petite diced tomatoes
- 1 (14.5-ounce) can diced tomatoes
- 1 cup salsa verde or tomato sauce
- 1 (15-ounce) can tomato sauce
- 1 (8-ounce) can tomato sauce
- 1/2 cup tomato sauce
- 1 (6-ounce) can tomato paste
- 3 cups (24 ounces) favorite enchilada sauce
- 1/2 cup dry Marsala wine
- 1/4 cup plus 2 tablespoons dry sherry
- 8 ounces pineapple chunks
- 14-ounce can light coconut milk
- 1 cup red quinoa
- 1/4 cup chopped sun-dried tomatoes
- 1/3 cup plus 2 tablespoons toasted slivered almonds
- 2 tablespoons unsalted dry-roasted sliced almonds
- 1 cup roasted cashews
- 2 tablespoons roasted, salted pepitas (pumpkin seeds)

- ❑ 1/2 cup almond meal
- ❑ 1/2 cup golden raisins
- ❑ 4 hamburger buns (use gluten-free if desired. See note.)
- ❑ 3 slices bread for crumbs (use gluten free, if desired; see note)
- ❑ favorite bread, biscuit, or cracker (use gluten-free, if desired. See note.)
- ❑ 1 cup polenta
- ❑ 1 pound spaghetti (see note for gluten-free alternatives)
- ❑ 1/2 cup orzo (use gluten free, if desired; see note)
- ❑ 14 1/2 cups chicken broth plus a little extra
- ❑ 3 1/2 cups vegetable broth
- ❑ 1/2 cup beef broth
- ❑ 1/2 cup brown ale or chicken broth (see note if gluten free)
- ❑ 2 tablespoons coconut oil
- ❑ 1 cup canned light coconut milk
- ❑ 1/2 cup coconut flakes or chips
- ❑ 1 (4-ounce) can chopped green chiles
- ❑ 12 pitted black olives
- ❑ 1 (2.25-ounce) can sliced black olives plus additional for topping
- ❑ 1 dill pickle
- ❑ tortilla chips to serve with chili and to go with the pico de gallo
- ❑ hot sauce
- ❑ favorite salsa
- ❑ nonstick cooking spray
- ❑ olive oil
- ❑ vegetable oil
- ❑ Dijon mustard
- ❑ cider vinegar
- ❑ rice vinegar
- ❑ balsamic vinegar
- ❑ red wine vinegar
- ❑ mayonnaise



- honey
- mayonnaise
- Dijon mustard
- soy sauce
- honey

## Spices

- black pepper
- cayenne pepper
- celery seeds, optional
- chili powder
- chipotle chile powder
- curry powder
- dried basil
- dried dill
- dried lemon zest (for Jamie's Spice Mix and tartar sauce if not using fresh)
- dried oregano
- dried parsley flakes
- dried tarragon
- dried thyme
- fine sea salt
- freshly ground black pepper
- garam masala
- garlic powder
- ground ancho chile powder
- ground cumin
- ground ginger
- herbes de Provence
- Italian herb blend
- kosher salt

- onion flakes
- onion powder
- paprika
- red pepper flakes
- rubbed sage

## **Frozen**

- 1 cups frozen mango chunks
- 8 hash brown patties
- 2 cups frozen shredded hash browns