

Checklists & Charts: The Shopping List—Grocery Bag: Meat on the Side

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PRODUCE

- 1 head garlic
- 5 small yellow onions
- 1 bunch scallions
- 1 1/2 pounds Yukon Gold potatoes
- 1 pound carrots
- 1 bunch celery
- 2 large hearts romaine
- 3 bags baby spinach
- 2 bell peppers
- 1 bunch cilantro
- 1 bunch parsley
- 3 lemons

POULTRY / MEAT/ FISH

- 4 boneless, skin-on chicken thighs
- 1 pound spicy Italian sausage
- 3/4 pound ground beef chuck (85% lean)
- 4 slices bacon
- 3/4 pound frozen shrimp

STAPLES

- extra-virgin olive oil
- red-wine vinegar
- Dijon mustard
- 1 cup long-grain white rice

DAIRY AND EGGS

- 1 ounce Parmesan
- 6 large eggs

MISCELLANEOUS

- 1 bag (10 ounces) frozen peas
- 1 loaf crusty bread
- 1 cup couscous
- 1/2 cup sliced almonds
- 1/2 cup low-sodium chicken or vegetable broth
- ground cinnamon, cumin, and coriander
- cayenne pepper

