

Shopping List

15-Minute Dinner Plan

PANTRY STAPLES

- Salt
- Black pepper
- Light brown sugar
- Canola oil
- Extra-virgin olive oil
- Toasted sesame oil
- Red-wine vinegar
- Rice vinegar
- Honey
- Lower-sodium soy sauce

GROCERY

- 1 whole-grain baguette
- 1 (9.5-oz.) package soba noodles
- 1 (8.8-oz.) package cooked brown rice
- 2 (15-oz.) cans no-salt-added cannellini beans
- 1 (12-oz.) bag frozen shelled edamame
- 1 (12-oz.) jar natural peanut butter
- 1 (2.5-oz.) bag unsalted dry-roasted peanuts
- 1 (6-oz.) bottle fish sauce
- 1 (8-oz.) jar chile-garlic sauce

- 1 (10-oz.) jar harissa paste
- 1 (8-oz.) bottle hoisin sauce
- 1 (6-oz.) pouch red miso
- 1 (1.1-oz.) jar ras el hanout
- 1 (10-oz.) package unsalted roasted almonds
- 1 (12-oz.) bag golden raisins
- 1 (1-L) bottle club soda

PRODUCE

- 1 (4-oz.) tube refrigerated garlic paste
- 1 (4-oz.) tube refrigerated ginger paste
- 1 medium head butter lettuce
- 1 (5-oz.) package baby spinach
- 1 (10-oz.) bag shredded red or green cabbage
- 1 (10-oz.) bag shredded coleslaw mix
- 1 (10-oz.) bag matchstick carrots
- 12 oz. mixed wild mushrooms (i.e. cremini, shiitake and oyster)
- 1 bunch scallions
- 1 bunch fresh mint
- 1 bunch fresh basil
- 1 bunch fresh cilantro

- 1 (7-oz.) bag bean sprouts
- 2 bunches broccolini
- 4 large limes
- 4 ears corn
- 1 mini seedless watermelon
- 1 medium mango
- 1 medium pineapple

DAIRY, MILK & EGGS

- 1 (5.3-oz.) container whole-milk plain yogurt

MEAT, POULTRY & SEAFOOD

- 4 (5-oz.) skin-on salmon fillets
- 8 oz. cooked chicken breast