

Shopping List

5-Ingredient Dinner Plan

It's **5:15** p.m.
What's for?
Dinner?
EatingWell

PANTRY STAPLES

- Salt
- Black pepper
- Canola oil
- Extra-virgin olive oil
- Sesame oil
- Cider vinegar
- Rice vinegar
- Honey
- Maple syrup

GROCERY

- 1 (4-oz.) container salt-free Cajun seasoning
- 1 (1.6-oz.) bottle chile-lime seasoning, such as Tajín
- 1 (8-oz.) bag brown rice
- 1 (15.5-oz.) can no-salt-added chickpeas
- 1 (8-oz.) jar tahini
- 1 (8-oz.) bottle hoisin sauce
- 1 (4-oz.) jar red curry paste
- 1 (7-oz.) can chipotles in adobo sauce
- 1 (13.5-oz.) can coconut milk

- 1 small loaf whole-wheat sour-dough bread
- 1 (8-oz.) bag whole-wheat cous-cous
- 4 (12-fl. oz.) cans or bottles lager beer

PRODUCE

- 2 medium avocados
- 1 large fresh pineapple
- 1 salad kit (your favorite one)
- 1 (16-oz.) package refrigerated riced cauliflower
- 1 (12-oz.) bag fresh green beans
- 1 (5-oz.) bag baby spinach
- 1 bunch fresh scallions
- 1 bunch fresh parsley
- 5 large limes
- 1 large lemon
- 1 (1-lb.) bunch carrots with tops
- 1 large head cauliflower
- 2 large zucchinis
- 2 large summer squashes
- 4 medium tomatoes
- 1 large sweet onion

- 2 heads garlic
- 1 (2-in.) piece fresh ginger

DAIRY, MILK & EGGS

- 1 stick unsalted butter

MEAT, POULTRY & SEAFOOD

- 1 lb. boneless, skinless chicken thighs
- 1½ lbs. large peeled, deveined raw shrimp (tail-on)
- 4 (6-oz.) boneless, skinless chicken breasts