

# 1 List, 5 Meals ✓

Use our 30-ingredient or less shopping list to make meal planning easy.

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## Fresh Produce

- 1 small lime
- 1 small bunch parsley
- 4 poblano chili peppers
- 3 ears corn
- 3 medium onions
- 1 bay leaf
- 1 red bell pepper
- 1 eight-ounce package white mushrooms
- 1 small bunch cilantro

## Canned Goods

- 1 15-ounce can kidney beans
- 12 dried apricots
- 3 14-ounce cans chicken broth
- 1 small can tomato paste
- 3 16-ounce cans cannellini beans
- 1 14-ounce can reduced-fat coconut milk

## Pasta, Rice, and Grains

- 1 bag long-grain white rice

## Condiments and Sauces

- 1 small jar light mayonnaise

## Meat, Poultry, and Seafood

- 1 1/2 pound grouper fillets
- 2 1/2 pounds medium chicken thighs (about 8)
- 16 ounces light smoked turkey sausage
- 2 1/2 pounds boneless pork butt or shoulder

## Dairy

- 4 ounces goat cheese

## Freezer

- Green beans\*

## Breads

- 3 slices white bread
- French bread\*

\*Optional Side Dishes: We included our suggested pairings, but feel free to substitute your family's favorite.

## Already in the Pantry

Black pepper	Kosher salt
Breadcrumbs	Extra-virgin olive oil
Brown sugar	Onion powder
Butter	Red curry paste
Unsalted butter	Ground red pepper
Cooking spray	Salt
Minced garlic	Dried thyme