



## The Plan

### Sunday

Barbecue Pulled Chicken Sandwiches with Cole Slaw  
Chopped Tomato & Avocado Salad with Red Onion, Cilantro and that vinaigrette you made this morning.

### Monday

Spaghetti with Corn, Country Ham, Basil, Parmesan  
Green Salad with tomatoes, red onion, and that vinaigrette you made on Sunday

### Tuesday

Asian Cabbage with Shrimp or Chicken (your choice)

### Wednesday

Salad Pizza

### Thursday

Soy-Ginger Tofu  
Sauteed Spinach  
White or Brown Rice

### Friday

Go out. Call it in. Eat in the car. Whatever you do, take the night off from cooking.

## The Shopping List

### Pantry\*

cornstarch  
barbecue sauce  
cider vinegar  
sesame oil  
olive oil  
vegetable oil  
low-sodium soy sauce  
rice wine vinegar  
brown sugar  
fish sauce  
salted peanuts

sesame seeds (optional)  
bay leaves  
1 pound spaghetti or fettuccine  
good-quality pizza sauce (or get ingredients to make your own)  
mayo  
celery seed (for slaw)  
Sriracha (optional)  
chipotle peppers in adobo  
sugar  
white or brown rice  
Dijon mustard  
red wine vinegar

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\* Hopefully you have most of this already

**Produce**

2 onions  
1 head garlic  
1 small knob ginger  
1 bunch scallion  
3 limes  
1 red jalapeno (optional)  
1 head red cabbage  
chives  
1 lemon  
2 medium carrots

2 bunches (or bags ) fresh spinach  
1 bunch cilantro  
2 avocados  
fresh tomatoes, about 2 pounds, any kind  
4 ears fresh corn  
1 small red onion  
1 bunch basil  
1 bunch really fresh greens (butter lettuce, arugula, whatever your kids like)

**Meat**

3 cups shredded cooked chicken or about 16 cooked shrimp  
2 pounds chicken breasts (6 to 8 medium breasts)  
country ham or bacon (you'll need 3 or 4 slices and can freeze the rest)

**Bread/Dairy/Refrigerated**

Sandwich rolls- Ciabatta, Kaiser, or Potato  
Parmesan Cheese  
16-ounce ball pizza dough (whole wheat or white)  
1 block extra firm tofu

For more meal-planning tips -- or just to thank me for putting this together -- check out my book *Dinner: A Love Story*, available everywhere, including your local public library.