
April 30 Minute Weeknight Dinners Meal Plan

Printable Shopping List | Week of April 27

31Daily

Produce

- 1 medium head cauliflower
- 1 medium butternut squash
- 2 medium onions
- 1 small shallot
- 1 bunch garlic
- 4 lemons
- 1 pint cherry or grape tomatoes
- 1 bunch fresh parsley
- 1 bunch fresh cilantro
- 2 limes
- 1 jalapeno (optional)
- 2 celery stalks
- 1 small container baby kale
- 1 small bag baby spinach
- 2 cups blueberries

Meat and Seafood

- 1 pound ground turkey
- 1 1/2 pounds boneless skinless chicken breasts
- 4 cod fillets (about 1 1/2 pounds total)
- 1 pound lean ground beef

Dairy

- 1 cup plus 2 tablespoons unsalted butter
- 1/2 cup shredded cheddar cheese
- 1 cup whole milk
- Parmesan cheese, for serving
- Vanilla ice cream or whipped cream, optional

Canned and Jarred Goods

- 1 (15-ounce) can chickpeas
- 1 (15-ounce) can black beans
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 (4-ounce) can diced green chiles
- 1 (8-ounce) can tomato sauce
- 1 jar tikka masala sauce
- Ketchup
- Dijon mustard
- Worcestershire sauce
- Balsamic vinegar

Pasta, Bread, and Grains

- 8 ounces angel hair pasta
- 6 hamburger buns
- Rice, optional for serving
- Tortillas, cornbread, or tortilla chips, optional

Baking and Pantry Staples

- All-purpose flour
- Granulated sugar
- Brown sugar
- Baking powder
- Chili powder
- Ground cumin
- Paprika
- Ground cinnamon
- Crushed red pepper flakes
- Salt and black pepper
- Olive oil
- Vanilla extract
- Dry white wine or broth