

# Five Fast and Easy Meals, **ONE SHOPPING LIST**

---

- 1.** Lemony Roast Chicken **2:** Easy Tomato Sauce with Spaghetti  
**3:** Chicken and Black Bean Burrito **4:** Kimchi Fried Rice  
**5:** Baked Eggs in Spicy Tomato Sauce

## **PRODUCE**

- 1 onion
- 1 bunch basil
- 7 lemons
- 1 bunch thyme
- 2 jalapeños
- 3 scallions

## **DAIRY**

- 1 stick unsalted butter
- sharp cheddar
- 3/4 ounce parmesan

## **GRAINS**

- 2 burrito-sized flour tortillas
- 2 cups white rice
- 1/2 loaf crusty bread

## **MEAT/POULTRY**

- 1 3-4 pound chicken
- 6 eggs

## **STAPLES**

- 1 can black beans
- 1 28-ounce can of tomatoes
- toasted sesame oil
- soy sauce
- red pepper flakes
- cinnamon
- allspice
- cloves

## **MISCELLANEOUS**

- sesame seeds
- guacamole
- salsa
- 1 cup kimchi