

pampered  chef

# *Essential Grocery List*

**FOR WEEKDAY LUNCH PLANNING**



# TABLE OF CONTENTS

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- 1** *Introduction*
- 2** *Introducing the Essential Grocery List*
- 3** *The List*
- 6** *List of Staple Items*
- 6** *Sample Grocery List*
- 6** *Daily Meal Ideas*
- 7** *Tips for Packing Lunches*
- 8** *Considering Expiration Dates*

# ***It begins like this:***

*You resolve to start packing lunch.*

*Days one and two go perfectly. Your co-workers comment in the lunchroom, things like, “Ooh, that looks good,” and, “I wish I brought lunches like that!”*



Day three, you oversleep, but you promise yourself you'll be back on track tomorrow. Day four, you make your lunch, but leave it in the fridge at home. Day five, you bring yesterday's lunch to work, but it's not fresh anymore, so you toss it. You head into the weekend frustrated at the amount of food you didn't use through the week, wondering whether your fate forever lies in the frozen meals aisle.

***It doesn't. There is a better way.***



# INTRODUCING THE ESSENTIAL GROCERY LIST



*The concept is simple: Each week, you add 10 ingredients to your shopping list.*

These 10 items can be mixed and matched to make one week's worth of excellent lunches, many of which can be put together the day (or even days) before you need them.

In addition, you have a list of staple spices you replace as needed. These ingredients help add extra punches of flavor and variety to your meals, so you're never bored with what you're eating.

This method will revolutionize your lunch planning. Not only will you save time and money at the grocery store, but you'll also have a no-stress way to figure out what you're eating throughout the week. Say goodbye to cardboard-boxed meals for one – you're entering the next stage of lunching.

# THE LIST

*Each week you add the following ten ingredients to your grocery list:*



## **1** PROTEIN

If you're a meat eater, pick your favorite kind. Chicken breast and fish are some of the healthier options, but bacon is good for the soul. Prefer to go veggie or vegan? Make sure you pick something high in B12.

## **2** GRAIN (*rice, quinoa, couscous*)

This grain can be used as the main feature of a meal, or as filler to bulk up others. Avoid seasoned grains, so you can add your own spices and suit the flavor to the meal.



## **3** BREAD OR TORTILLAS

Think "sandwich." You don't have to limit yourself to bread or bread-like products, either: If you'd rather go the lettuce-wrap route, you can swap this selection out for some romaine. You're simply drawing inspiration from bread.

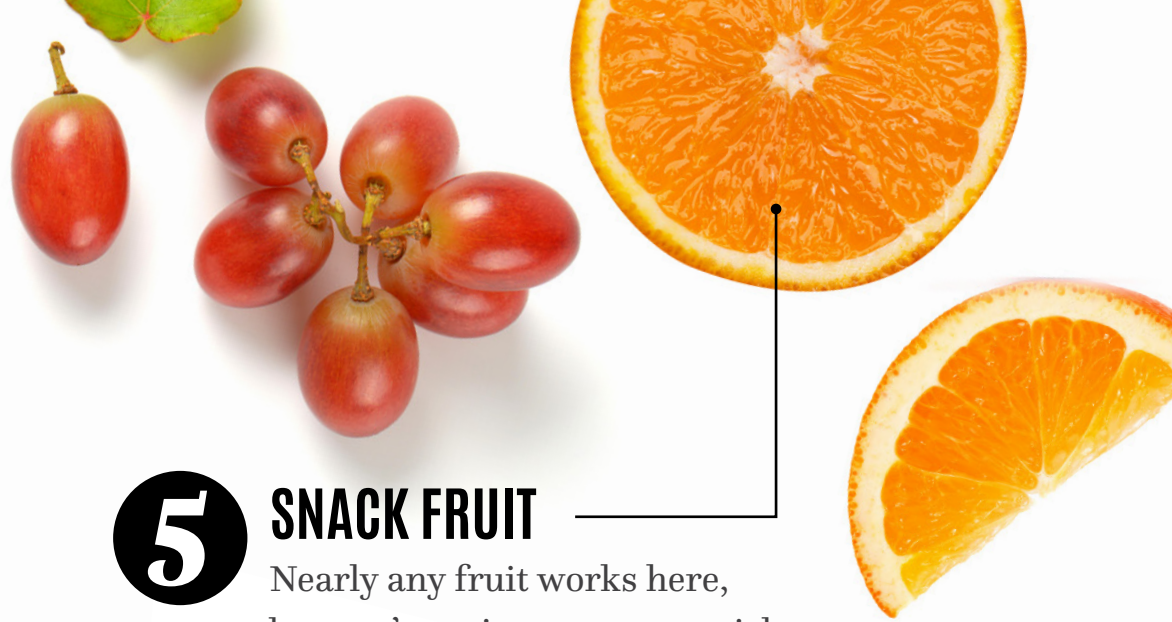
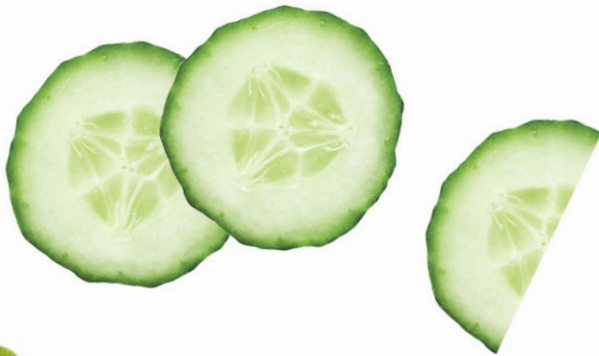




**4**

## SNACK VEGGIE

This is any veggie you can chop up, put in a baggie and munch on when you're bored. Baby carrots, celery and cucumbers are just a few of the options here – just pick something you like raw and plain.

**5**

## SNACK FRUIT

Nearly any fruit works here, but you're going to want to pick something that won't add a lot of work to your lunch. Unless you're really confident with your skills, for example, steer clear of say, pomegranates. Go for apples, oranges, grapes – basically anything that doesn't spawn articles titled "Life hacks for eating \_\_\_\_\_."

**6**

## LEAFY GREEN

Like the grain, your leafy green is going to serve one of two roles in your lunches – it will either be the chorus member or the main character. Get a green (or greens) you really enjoy the flavor of, or you're not going to like the salad.





**7**

**ONION**

*(green, yellow or white)*

Onion is a versatile vegetable that will bring a nice snap to your cooking. It works well both cooked and raw, and it's necessary in all kinds of recipes.



**9**

**CHEESE** *(or lactose-free cheese alternative)*

Cheese adds flavor and protein to meals. Pick something that will work well on your salad, but that you also enjoy on its own.

**8**

**FOCUS VEGGIE**

This is a vegetable that will bring color and variety to your dishes, and which may be a main feature of one or more lunches.

Pick something flavorful – this veggie is meant to make an impact.



**10**

**A SNACK DIP**

Hummus, peanut butter, ranch dip, yogurt: Anything you can scoop up with your fruit or veggies is fair game.





# LIST OF STAPLE ITEMS



GARLIC POWDER



PAPRIKA



CINNAMON



SALT



DILL



BLACK PEPPER



OREGANO



VANILLA EXTRACT



ROSEMARY



SALAD DRESSING

1. chicken breasts
2. rice
3. tortillas
4. baby carrots
5. apples
6. spinach

7. onions
8. green bell peppers
9. shredded cheddar cheese
10. hummus

SAMPLE GROCERY LIST

## Daily Meal Ideas

### MONDAY

Chicken, egg, onion and pepper stir fry, apple on the side.

### TUESDAY

Spinach salad with apple slices, baby carrots and grilled chicken.

### WEDNESDAY

Chicken wrap, with baby carrots and hummus on the side.

### THURSDAY

Quesadillas with rice, and baked apples.

### FRIDAY

Chicken, onion, cheese and rice-stuffed bell peppers.

### SATURDAY

Hummus, spinach and apple wrap-ups.

### SUNDAY

Veggie medley (spinach, onion, carrot, pepper) over rice with hummus.



# TIPS FOR PACKING LUNCHES

*Make sure you're using the right kind of lunch box.* Invest in a well-insulated pack or bag, and either get a pre-separated container or containers of various sizes.

*If you won't have access to a refrigerator at work, or your commute is longer than 30 minutes, include an ice pack in your lunch container.* Food doesn't have to be at an unsafe temperature for long to become a hazard, and keeping it cooler won't hurt it.

*Some items can be made the night before, but they need to be stored carefully so they'll be ready to go for your lunch. Salads, for example, will keep for a day or two in the fridge – just make sure you wait to add the dressing until you're ready to eat.*



# CONSIDERING EXPIRATION DATES

*The items on your list are going to expire at different rates, so take this into account when deciding which meal to eat which day.*



**MORE PERISHABLE**

Focus on fruits, quickly expiring vegetables, and meats early in the week.

***Easy Peasy.*** This method will make shopping and lunch planning way easier so you'll have more time to spend on the important stuff.

Hearty veggies and grains will last the whole week through, making them the perfect Sunday meal.




**LESS PERISHABLE**



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