

NaNoWriMo Week 3: Dinner Grocery List

This grocery list breaks down purchase items by category, and then parenthetically matches each ingredient to its recipe. Hopefully, that will make it quick to edit for those of you doing recipe substitutions!

I'm assuming that you have **cheddar cheese** and **tortillas** left over from the previous weeks' meals. If not, add it to the list!

DAIRY/FRIDGE/FREEZER SECTION

- plain yogurt, regular or Greek (slow cooker lentils)
- 1 package firm tofu (veggie and tofu stir fry)
- bag of frozen stir fry veggies (veggie and tofu stir fry)

PRODUCE

- big bag salad (side dish for the week)
- lettuce, shredded (tacos)
- avocado, sliced (tacos)

PANTRY ITEMS

- naan or flatbread (slow cooker lentils)
- stir fry sauce (veggie and tofu stir fry)

This list is for dinners only. So before you go to the grocery store, also look at your breakfast, lunch, and snacking plans... what *exactly* do you need to pick up to get through the week? This list is only for dinner, and you will need to eat more often to keep up your focus and energy for writing! **Also, keep in mind that this grocery list assumes you've been planning along and already purchased all the items off the advance shopping list.**

In case that's NOT true, here are the items off the **advance shopping list** that you'll be using this week:

- bag of onions (add to tater tot casserole, sauté into the spaghetti sauce, sprinkle in quesadillas, and/or add to the veggie and tofu stir fry)
- rice (veggie and tofu stir fry)
- tater tots (tater tot casserole)
- 1 lb of ground meat (tater tot cassrole)
- jar of spaghetti sauce (spaghetti)
- spaghetti noodles (spaghetti)
- cream of whatever-you-like soup (tater tot casserole)

I'm also pulling a **slow cooker lentils** out of the freezer this week. This recipe makes a TON of lentils and freezes well! I don't think it goes well with rice; that's why I recommend naan and yogurt. If you're making the lentils this week, you'll need:

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|---|--|---------------------------------------|
| <input type="checkbox"/> 3 cups of lentils | <input type="checkbox"/> 3 inches of ginger | <input type="checkbox"/> cumin |
| <input type="checkbox"/> 5 cloves of garlic | <input type="checkbox"/> 28 oz of diced tomatoes | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> 1 onion (from your bag!) | <input type="checkbox"/> 1 can of coconut milk | <input type="checkbox"/> chili powder |
| | | <input type="checkbox"/> sugar |