

Food Waste Feast / My Kitchen Chalkboard Meal Plan

Fridge & Pantry – check to see if you have before buying, you only need a few teaspoons or tablespoons for each

Unsalted butter
Salt and pepper
Canola or other neutral oil
Dijon mustard
Sesame oil
Rice vinegar
Soy sauce
Sesame seeds
Toasted nori (optional)
6+ cloves garlic

Produce

1 ½ pounds snap peas
1 lemon
2 pounds new potatoes
1 bunch dill
3 heads bok choy
1 red bell pepper
1 bunch leafy greens of choice – kale, chard, spinach
1 bunch radishes with greens
1 bunch scallions

Meat & Seafood

1 ½ pounds wild-caught Alaskan salmon
1 ½ pounds skirt steak, preferably grass fed (or other steak of your choice)

Dairy

½ cup plain whole milk yogurt

Dry Goods

1 pound (usually 1 box) soba noodles
Rice of your choice for fried rice

Other options for meals with the leftovers

Tortillas and shredded cheese for quesadillas
Leafy greens to toss leftovers on a salad
Good sliced bread for sandwiches or loaded toasts