THE FRESH COOKY | SMART COOKY CLUB MEAL PLAN

Leftovers, Then a Breather

GROCERY LIST

Leftover Turkey Tacos • Turkey Cranberry Sliders • Air Fryer Tilapia • Healthy Beef and Broccoli • Homemade Chicken Lemon Soup • Southern Pralines

Main recipes only. Suggested sides are not included. This list assumes leftover turkey and cranberry sauce from Thanksgiving. Praline ingredients are on the recipe card. Check your fridge and pantry first!

MEAT AND SEAFOOD

- ☐ Leftover turkey, about 4 to 5 cups shredded (tacos + sliders)
- ☐ 8 boneless, skinless chicken thighs (or more leftover turkey)
- ☐ 1 lb shaved steak, flank or sirloin
- ☐ 2 tilapia fillets

PRODUCE

- ☐ 1 large navel orange
- ☐ 2 limes
- ☐ 2 lemons
- ☐ 2 red onions
- ☐ 1 large yellow onion
- ☐ 1 head garlic (about 13 cloves)
- ☐ 1 crown broccoli
- ☐ 2 lb bag carrots (4 to 6 needed)
- ☐ 1 bunch celery (4 to 5 ribs)
- ☐ Fresh ginger root (about 1 Tbsp + 1 tsp grated)
- ☐ Fresh rosemary (2 tsp minced)
- ☐ Fresh thyme (2 tsp minced + garnish)
- ☐ 1 bunch green onions
- ☐ 1 bunch cilantro
- ☐ 1 to 2 avocados
- ☐ 2 tomatoes

DAIRY

- ☐ 2 sticks butter (1½ sticks needed)
- ☐ 1 (8 oz) block cream cheese
- ☐ 6 slices havarti
- ☐ Shredded Mexican cheese or Cotija
- ☐ Sour cream or Mexican crema
- ☐ Parmesan for shaving (garnish)

BAKERY AND TORTILLAS

- ☐ 1 package (12) Hawaiian rolls
- ☐ 6 corn or flour tortillas

CANNED, JARRED AND BOTTLED

- ☐ Leftover cranberry sauce, or 1 can whole berry (1½ cups)
- ☐ 1 (32 oz) carton chicken stock + ½ cup chicken broth
- ☐ Low-sodium beef broth (½ cup)
- ☐ 1 (4 oz) can green chiles (optional)
- ☐ Salsa
- ☐ Low-sodium soy sauce or tamari (¼ to ½ cup)
- ☐ Toasted sesame oil (2 Tbsp)
- ☐ Honey (3 Tbsp + 1 tsp)
- ☐ Dry sherry (3 Tbsp, optional)
- ☐ Worcestershire sauce (½ tsp)
- ☐ Avocado oil (2 Tbsp)
- ☐ Olive oil (3 Tbsp)
- ☐ Sriracha or sweet chili sauce (for serving)

PASTA AND RICE

- ☐ White or brown rice (for serving)
- ☐ Egg noodles (optional, for the soup)

BAKING

- ☐ Cornstarch (2 Tbsp)
- ☐ Baking powder (½ tsp)

SPICES

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Ground cumin (1 tsp)
- ☐ Garlic powder (1½ tsp)
- ☐ Onion powder (½ tsp)
- ☐ Smoked paprika (about 1½ tsp)
- ☐ Dried minced onion (½ tsp)
- ☐ Ground turmeric (¼ to ½ tsp)
- ☐ Bay leaves (2)
- ☐ Poppy seeds (optional)
- ☐ Sesame seeds (optional)
- ☐ Red pepper flakes (optional)

KITCHEN SUPPLIES

- ☐ Air fryer
- ☐ Foil for reheating sliders
- ☐ Freezer-safe containers or Souper Cubes for extra soup
- ☐ Zip-top freezer bags for leftover turkey

ADDITIONAL ITEMS