

# Quick & Easy

## meal plan

### WEEK #2 SHOPPING LIST

#### MEAT

7-8 pound spiral-cut ham (bone-in or boneless)  
1 lb. ground beef  
1 lb Chicken Breast  
16 ounces Smoked Italian Turkey or Chicken Sausage

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#### PRODUCE

1 pound green beans  
minced garlic  
1 lb. Strawberries  
2 onions  
1 head broccoli

2 large carrots  
2 red potatoes  
1 zucchini  
2 red peppers  
2-3 cups blueberries

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#### REFRIGERATED GROCERIES

eggs	Loaf of Texas toast
butter	12 oz. frozen peas & carrots
2 cups half and half	Frozen diced potatoes
2 x 8 oz. Soft Cream Cheese	2 cans refrigerated crescent rolls
4 cups shredded cheese	
frozen blueberries	

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#### DRY GROCERIES

brown sugar	2 cans cream of chicken soup
maple syrup	grated Parmesan
2 cups pineapple juice	1 loaf French bread
powdered sugar	blueberry sauce
Bunny graham crackers	sugar
cornstarch	

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#### OTHER GROCERIES

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#### SPICES, SEASONINGS, & CONDIMENTS

pure vanilla extract	dried basil
mustard	dried oregano
ketchup	dried parsley
Worcestershire sauce	garlic powder
poultry seasoning	dried thyme
onion powder	red pepper flakes
olive oil	cinnamon