

Quick & Easy

meal plan

WEEK #5 SHOPPING LIST

MEAT

- 5-6 boneless chicken breasts
- 1 lb. ground beef
- 1 lb. deli roast beef sliced thin

PRODUCE

- 2 avocados
- 8 oz. Romaine lettuce
- 1 1/2 cups grape tomatoes
- 1/2 cup scallions

REFRIGERATED GROCERIES

- sour cream
- unsalted butter
- 12 slices Sargento provolone cheese
- shredded Cheddar cheese
- 4-6 small ears frozen corn on the cob
- 1 16-19 oz. frozen whole green beans
- 2 cans cinnamon rolls
- milk
- eggs

DRY GROCERIES

- tortillas
- 1 12-count pkg. Hawaiian sweet rolls
- French fried onions
- 1 packet Au Jus seasoning mix
- taco seasoning
- salsa
- 2 pkg. zesty Italian dressing mix
- grated Parmesan cheese

OTHER GROCERIES

SPICES, SEASONINGS, & CONDIMENTS

- olive oil
- avocado oil
- chopped cilantro
- Worcestershire sauce
- toasted sesame seeds
- dried minced garlic
- onion powder
- seasoned salt
- cinnamon
- maple syrup