

Quick & Easy

meal plan

WEEK #7 SHOPPING LIST

MEAT

- 4-6 boneless, skinless chicken breasts
- 12 jumbo shrimps, peeled and deveined
- 4 8-ounce sirloin steaks
- 2 lb boneless skinless chicken tenders

PRODUCE

- 6-8 cups chopped romaine lettuce
- 1 red onion
- 2 avocados
- ½ cup cherry tomatoes

REFRIGERATED GROCERIES

- butter
- 1/2 cup good quality feta cheese crumbles
- 1/3 cup blue cheese crumbles
- 16 ounces cream cheese
- eggs
- sour cream
- orange juice

DRY GROCERIES

- 1 can (8 oz.) crushed pineapple
- 1 cup uncooked orzo pasta
- 1 cup sweet chili sauce
- Oreo cookies

OTHER GROCERIES

SPICES, SEASONINGS, & CONDIMENTS

- BBQ sauce
- Old Bay seasoning
- lemon juice
- McCormick Smoky Montreal Steak Seasoning
- honey
- granulated sugar
- vanilla extract