

# Quick & Easy

## meal plan

WEEK #11 SHOPPING LIST

### MEAT

4 boneless, skinless chicken breasts  
1½ lb. ground sirloin  
bacon for burger toppings (optional)

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### PRODUCE

leaf lettuce  
1 large tomato  
1 medium yellow onion  
2 medium zucchini  
1 medium yellow summer squash  
1 romaine heart  
1/4 cup fresh chopped cilantro  
Strawberries  
red onion

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### REFRIGERATED GROCERIES

butter  
1 cup heavy cream  
1/2 cup Mexican cheese blend  
1 cup ricotta cheese  
1/2 cup shredded mozzarella cheese

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### DRY GROCERIES

taco seasoning	1 can pineapple
2 cans Mild Rotel	brownie mix
8 ounces Penne Pasta	marshmallows
1 lb. Velveeta block	chocolate chips
6 hamburger buns	
1 (28 oz.) can fire-roasted diced tomatoes	
10 curly-edged lasagna noodles	
4-5 large wheat or white tortillas	

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### SPICES, SEASONINGS, & CONDIMENTS

wooden skewers  
olive oil  
minced garlic  
crushed red pepper flakes  
kosher salt  
BBQ sauce

### OTHER GROCERIES

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