

Quick & Easy

meal plan

WEEK #9 SHOPPING LIST

MEAT

- 1 lb boneless, skinless chicken thighs
- 1 pound medium-large fresh shrimp
- 4 Boneless Skinless Chicken Breasts
- 1 deli rotisserie chicken

PRODUCE

- 1 bunch broccoli
- 5-6 green onions
- 6-7 garlic cloves
- 1 lemon
- 2 cups baby spinach

REFRIGERATED GROCERIES

- 1 cup frozen peas and diced carrots blend
- 1/2 cup frozen corn
- eggs
- butter
- 1/2 cup heavy cream
- 1 1/2 cups Yoplait® Greek 100 plain yogurt
- 3 cups shredded Mexican cheese blend
- milk

DRY GROCERIES

- white or brown rice
- 3 cups chicken broth
- 1/4 cup freshly grated Parmesan cheese
- dry white wine
- 7 flour tortillas (10 inch)

SPICES, SEASONINGS, & CONDIMENTS

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|---------------|--------------------------|
| vegetable oil | paprika |
| grated ginger | dried thyme |
| ground ginger | all-purpose flour |
| minced garlic | unsweetened cocoa powder |
| soy sauce | sugar |
| rice vinegar | vanilla extract |
| sesame oil | powdered sugar |
| oyster sauce | |
| cornstarch | |

OTHER GROCERIES
