

Quick & Easy

meal plan

WEEK #13 SHOPPING LIST

MEAT

4 large boneless, skinless chicken breasts
1 pound ground beef
12 chicken tenders
7-8 pound spiral-cut ham (bone-in or boneless)

REFRIGERATED GROCERIES

12 ounces frozen green beans
milk
unsalted butter
Ranch dressing
1½ cups shredded Mexican-style cheese

OTHER GROCERIES

PRODUCE

16 ounces red potatoes
Optional: taco toppings

DRY GROCERIES

1 ounce packet taco seasoning
1 cup jarred mild salsa
8 ounces uncooked rotini pasta
Bisquick
pineapple juice
3 1/2 cups milk chocolate chips
1/2 cup white chocolate chips
1 cup marshmallow fluff
3 sheets of graham crackers

SPICES, SEASONINGS, & CONDIMENTS

salt/pepper	dried oregano
olive oil	dried basil
honey	paprika
brown sugar	maple syrup
Dijon mustard	
minced garlic	