

Quick & Easy

meal plan

WEEK #1 SHOPPING LIST

MEAT

- 8 pieces chicken tenderloins
- 4 boneless, skinless, Chicken thighs or breasts
- 1 lb medium uncooked shrimp
- 4 boneless pork chops

PRODUCE

- 1 Onion
- minced garlic
- optional: minced fresh ginger
- optional: chopped green onion for garnish
- 1 2/3 cups blueberries
- 1 small lemon

REFRIGERATED GROCERIES

- eggs
- buttermilk
- milk
- unsalted butter
- 1 can of refrigerated crescent dinner rolls
- deli-style mozzarella cheese
- Sour Cream for garnish

DRY GROCERIES

- marinara sauce
- 1 can Corn kernels
- 1 can Black Beans
- 1 (14.5-ounce) can Diced tomatoes
- Minute® White Rice
- Italian breadcrumbs
- grated Parmesan cheese

OTHER GROCERIES

SPICES, SEASONINGS, & CONDIMENTS

- | | |
|----------------------|---------------|
| pure vanilla extract | Cilantro |
| mayonnaise | honey |
| Cumin | soy sauce |
| Chili Powder | paprika |
| Garlic powder | dried parsley |
| Onion Powder | garlic powder |
| olive oil | |