

Quick & Easy

meal plan

WEEK #3 SHOPPING LIST

MEAT

- 1 rotisserie chicken
- 2 chicken breasts
- 1 lb. flank steak
- 1 box SeaPak popcorn shrimp

PRODUCE

- 3 cups broccoli florets
- 1 bag shredded coleslaw
- 2 bunches green leaf lettuce
- fresh parsley*

REFRIGERATED GROCERIES

- 2 1/2 cups shredded mozzarella
- 12 oz. bag broccoli florets
- shredded Parmesan
- butter*
- 2 cups heavy whipping cream*
- 4 oz. cream cheese*

DRY GROCERIES

- 12 oz. box jumbo shells
- beef stock
- French bread loaf
- or subway rolls
- 1 bag garlic croutons
- 1 bag Almond Accents
- bowtie pasta
- grated Parmesan*
- lemon juice*

OTHER GROCERIES

SPICES, SEASONINGS, & CONDIMENTS

- minced garlic
- corn starch
- canola oil
- soy sauce
- brown sugar
- garlic powder*
- Italian seasoning*
- mayo*
- horseradish mustard*
- Louisiana hot sauce*
- Creole seasoning*
- white wine vinegar*