

Quick & Easy

meal plan

WEEK #4 SHOPPING LIST

MEAT

2 lb. ground beef
6 boneless skinless chicken breasts

PRODUCE

1 small onion
1 garlic bulb or 2 garlic cloves
1-2 large potatoes

REFRIGERATED GROCERIES

2 cups shredded Mozzarella cheese
2 cups shredded Mexican-style cheese
1/2 cup shredded Cheddar cheese
eggs
butter
milk

OTHER GROCERIES

DRY GROCERIES

1 lb. small pasta (rotini, macaroni)
tomato paste
14 oz. can diced tomatoes
beef broth (2 cups)
16 oz. jar medium salsa
Mexican rice
16 oz. baked beans
Bisquick mix
18.3 oz. box brownie mix (recommend dark chocolate)
Reese's Pieces
Reese's miniature cups

SPICES, SEASONINGS, & CONDIMENTS

flour
garlic powder
Italian seasoning
BBQ sauce
Olive oil