

# Quick & Easy

*meal plan*

WEEK #6 SHOPPING LIST

## MEAT

- 2 (4 oz) chicken or turkey cajun style andouille sausage links
  - 1 lb large raw shrimp
  - 3 small boneless skinless chicken breasts
  - 1 rotisserie chicken
  - 1 1/2 lb. ground beef
  - 1 pkg. bacon
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## PRODUCE

- 1 lb. baby or small red potatoes
  - 2 ears corn
  - Romaine lettuce
  - 2 roma tomatoes
  - 4 green onions
  - 1 lime (or lime juice)
  - lemon juice
  - 1 medium onion
  - 8 oz. fresh strawberries
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## REFRIGERATED GROCERIES

- butter
  - milk
  - eggs
  - frozen corn kernels
  - shredded cheddar cheese
  - 8 oz. whipped topping
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## DRY GROCERIES

- Ranch dressing
  - mild taco seasoning
  - 15 oz. black beans
  - tortilla chips
  - buffalo sauce
  - slider buns
  - bread crumbs
  - fried onion pieces
  - 1 graham cracker crust
  - 3.4 oz. lemon instant pudding
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## OTHER GROCERIES

## SPICES, SEASONINGS, & CONDIMENTS

- thyme leaves
- minced garlic
- Old Bay seasoning
- chopped parsley
- chopped cilantro
- garlic powder
- Worcestershire sauce
- ketchup
- brown sugar
- spicy brown mustard
- sugar