

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

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

REFRIGERATED GROCERIES

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

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

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