

Quick & Easy

meal plan

WEEK #8 SHOPPING LIST

MEAT

- 2 racks of ribs
- 1 package of Boneless Pork Chops
- 1 lb ground beef
- 3 chicken breasts

PRODUCE

- 2 cups strawberries
- 2 to 3 Romaine Hearts
- ½ cup fresh blackberries
- 2 Granny Smith apples
- ½ cup fresh blueberries
- 2 red delicious apples
- ½ cup fresh raspberries
- 3 bananas

REFRIGERATED GROCERIES

- 1½ cups shredded fiesta blend cheese
- 12 oz whipped topping
- 3 (6 oz) containers strawberry yogurt
- 2 cups cubed cheddar cheese
- 1/2- cup nonfat plain yogurt

DRY GROCERIES

- 1 can of pineapple rings
- 2 Tbsp. corn starch
- 8 oz uncooked rotini pasta
- 1 packet taco seasoning
- 1 cup jarred salsa
- 1 box (3.4 oz.) cheesecake or white chocolate pudding mix
- 3 cups miniature marshmallows
- 1 cup chopped walnuts

SPICES, SEASONINGS, & CONDIMENTS

- brown sugar
- sesame oil
- dry minced garlic
- ketchup
- basil
- mayonnaise
- white pepper
- honey
- smoked paprika
- red pepper flakes
- honey
- ginger
- soy sauce

OTHER GROCERIES
