

# Quick & Easy

## meal plan

WEEK #10 SHOPPING LIST

### MEAT

- 8 chicken thighs, skin on, bones in
- 1 pound ground beef or ground turkey
- 8 hot dogs
- 1/2 pound chicken boneless, skinless thighs

---

---

---

### REFRIGERATED GROCERIES

- 3 tubes (8 oz each) refrigerated crescent rolls
- 1 package (8 oz) cream cheese
- 1 cup (8 oz) sour cream
- 2 cups shredded cheese (Colby Jack or Cheddar)
- 1 cup shredded mozzarella cheese
- 1 sheet of puffed pastry
- eggs
- 2 tablespoons of milk OR heavy cream
- butter

---

---

---

---

---

---

---

### OTHER GROCERIES

---

---

---

---

---

### PRODUCE

- fresh ginger
- 1 red chilli
- 2 large shallots
- 1 red bell pepper
- 1 yellow bell pepper
- 4 green onions
- 1 1/2 cups fresh blueberries
- 1 medium tomato
- 1 cup shredded lettuce
- 1/4 cup sun-dried tomatoes
- 4 roma tomatoes
- 8 oz fresh spinach
- 3 large peaches
- 3 garlic cloves

---

---

---

---

---

### DRY GROCERIES

- 7oz brown basmati and wild rice
- 2 cups chicken stock
- 1 envelope taco seasoning
- 1 15 oz. can hot dog chili (no beans)
- 6 oz spaghetti or angel hair pasta

---

---

---

---

### SPICES, SEASONINGS, & CONDIMENTS

- oyster sauce
- soy sauce
- honey
- minced garlic
- canola oil
- olive oil
- red pepper flakes
- sugar
- cinnamon
- cornstarch
- confectioner's sugar
- vanilla extract