

Quick & Easy

meal plan

WEEK #11 SHOPPING LIST

MEAT

4 boneless, skinless chicken breasts
1½ lb. ground sirloin
bacon for burger toppings (optional)

PRODUCE

leaf lettuce
1 large tomato
1 medium yellow onion
2 medium zucchini
1 medium yellow summer squash
1 romaine heart
1/4 cup fresh chopped cilantro
Strawberries
red onion

REFRIGERATED GROCERIES

butter
1 cup heavy cream
1/2 cup Mexican cheese blend
1 cup ricotta cheese
1/2 cup shredded mozzarella cheese

DRY GROCERIES

taco seasoning	1 can pineapple
2 cans Mild Rotel	brownie mix
8 ounces Penne Pasta	marshmallows
1 lb. Velveeta block	chocolate chips
6 hamburger buns	
1 (28 oz.) can fire-roasted diced tomatoes	
10 curly-edged lasagna noodles	
4-5 large wheat or white tortillas	

SPICES, SEASONINGS, & CONDIMENTS

wooden skewers
olive oil
minced garlic
crushed red pepper flakes
kosher salt
BBQ sauce

OTHER GROCERIES
