

# Quick & Easy

## meal plan

WEEK #12 SHOPPING LIST

### MEAT

4-6 boneless, skinless chicken breasts  
1½ pound top sirloin steak, cubed  
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### PRODUCE

Romaine lettuce  
1 pound small red potatoes  
2 carrots  
1 red bell pepper  
1 green bell pepper  
1 red onion

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### REFRIGERATED GROCERIES

butter, unsalted & salted  
1 Package crescents (8 count)  
1 cup shredded mozzarella and Parmesan  
cheese blend  
2 cups heavy cream  
1/2 cup Mexican cheese blend  
8 ounces cream cheese  
Parmesan cheese  
One 12-ounce pack frozen blueberries  
Optional: whipped cream

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### OTHER GROCERIES

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### DRY GROCERIES

Whole wheat buns or whole wheat pita pockets  
marinara sauce  
1 can Mild Rotel or chopped tomatoes  
8 ounces Penne Pasta  
1 tablespoons (1 envelope) unflavored gelatin  
9 honey graham crackers (1 envelope)

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### SPICES, SEASONINGS, & CONDIMENTS

salt/pepper	rosemary
kosher salt	thyme
garlic powder	taco seasoning
minced garlic	sugar
chopped parsley	
olive oil	