

Quick & Easy

meal plan

WEEK #12 SHOPPING LIST

MEAT

4-6 boneless, skinless chicken breasts
1½ pound top sirloin steak, cubed
12 pepperonis

PRODUCE

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

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

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)

OTHER GROCERIES

SPICES, SEASONINGS, & CONDIMENTS

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