

# Quick & Easy

*meal plan*

WEEK #13 SHOPPING LIST

## MEAT

- 4 large boneless, skinless chicken breasts
- 1 pound ground beef
- 12 chicken tenders
- 7-8 pound spiral-cut ham (bone-in or boneless)

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## REFRIGERATED GROCERIES

- 12 ounces frozen green beans
- milk
- unsalted butter
- Ranch dressing
- 1½ cups shredded Mexican-style cheese

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## OTHER GROCERIES

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## PRODUCE

- 16 ounces red potatoes
- Optional: taco toppings

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## DRY GROCERIES

- 1 ounce packet taco seasoning
- 1 cup jarred mild salsa
- 8 ounces uncooked rotini pasta
- Bisquick
- pineapple juice
- 3 1/2 cups milk chocolate chips
- 1/2 cup white chocolate chips
- 1 cup marshmallow fluff
- 3 sheets of graham crackers

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## SPICES, SEASONINGS, & CONDIMENTS

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|---------------|---------------|
| salt/pepper   | dried oregano |
| olive oil     | dried basil   |
| honey         | paprika       |
| brown sugar   | maple syrup   |
| Dijon mustard |               |
| minced garlic |               |