

Just a Taste®

WEEKLY MEAL PLAN 1: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/weekly-meal-plan-1-shopping-list/>

GROCERIES

- 1 (4- to 5-pound) chicken
- 1 1/2 pounds ground chicken
- 1 pound medium shrimp
- Pepperoni or other pizza toppings
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 bunch scallions
- 1 lemon
- Rosemary
- Honey
- Low sodium soy sauce
- Hoisin sauce
- Sesame oil
- Balsamic vinegar
- Milk (whole or non-fat)
- Shredded mozzarella cheese
- Panko breadcrumbs
- Orange marmalade
- Crushed red pepper flakes
- 1 packet instant (rapid rise) yeast
- 1 jar marinara sauce

PANTRY STAPLES

- Salt
- Pepper
- Unsalted butter
- Olive oil
- All-purpose flour