

Just a Taste

WEEKLY MEAL PLAN 10: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-10>

GROCERIES

- 4 cups lobster meat
- 2 1/2 pounds chicken wings
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 white onion
- 3/4 pound asparagus spears
- 1 bunch celery
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch chives
- 1 bunch scallions
- 1 (15-oz.) can chickpeas
- 1 bag frozen peas
- 2 lemons
- 1 sheet (1/2 of a 17.3-ounce package) frozen puff pastry dough
- 1 bag shredded Parmesan cheese
- 1 package crumbled goat cheese
- Pineapple juice
- Low sodium soy sauce
- Cornstarch
- Brown sugar
- Ground cumin
- 4 split-top buns

PANTRY STAPLES

- Salt
- Pepper
- All-purpose flour
- Vegetable oil
- Olive oil
- Unsalted butter
- 3 large eggs
- Baking powder