

# Just a Taste

## WEEKLY MEAL PLAN 12: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/meal-plans/week-12>

### GROCERIES

- 1 pound shrimp
- 1 1/4 pounds uncooked chicken tenders
- 1 pound ground beef
- 1 head garlic
- 1 (1-inch) piece fresh ginger
- 4 medium zucchini
- 1 bunch fresh basil
- Eggs
- 1 (7-oz.) jar sun-dried tomatoes packed in olive oil
- Onion powder
- 1 envelope instant yeast
- 1 bag shredded Parmesan cheese
- 6 ounces Parmesan cheese
- 1 can chicken broth
- Sesame seeds
- Pine nuts, toasted
- Salted pretzels
- Honey mustard
- Ketchup
- Sweet chili sauce
- Cornstarch
- Unbleached all-purpose flour
- Peanut oil
- Shaoshing wine or Sherry

### PANTRY STAPLES

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