

Just a Taste[®]

WEEKLY MEAL PLAN 2: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/weekly-meal-plan-2-shopping-list/>

GROCERIES

- 1 pound ground turkey
- 4 large boneless chicken breasts
- 1 cup [homemade](#) or store-bought pesto
- 1 1/2 cups [homemade](#) or store-bought teriyaki sauce
- 1 head garlic
- 1 head broccoli
- 3 medium zucchini
- 1 red pepper
- 3 medium carrots
- 3 white onions
- 1 bunch fresh chives
- 1 pound [homemade](#) or store-bought pizza dough
- 1 (28-oz.) can crushed tomatoes
- 1 can tomato paste
- Balsamic vinegar
- Parmesan cheese
- 1 (8-oz.) wedge Gruyere cheese
- 1 (8-oz.) package mozzarella cheese
- 8 ounces udon noodles
- Cornmeal

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil
- Sugar