

Just a Taste[®]

WEEKLY MEAL PLAN 3: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/weekly-meal-plan-3-shopping-list/>

GROCERIES

- 1 rotisserie chicken
- 1 pound ground beef
- 1 (1-pound) flank steak
- 1 package bacon
- 1 lime
- 1 head garlic
- 1 yellow onion
- 1 red onion
- 1 tomato
- 1 (15-oz.) can black beans
- Eggs
- 1 bag shredded cheddar cheese
- Sliced cheddar cheese
- 1 can chicken broth
- Balsamic vinegar
- Soy sauce
- 1 (28-oz.) bag frozen tater tots
- Sandwich bread
- 12 corn tortillas
- Thai sweet chili sauce
- [Homemade](#) or store-bought guacamole
- [Homemade](#) or store-bought salsa

SPICES

- Cumin
- Paprika
- 1 Packet taco seasoning

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Honey
- Jam (any flavor)