

# Just a Taste<sup>®</sup>

## WEEKLY MEAL PLAN 4: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/weekly-meal-plan-4-shopping-list/>

### GROCERIES

- 1/2 pound sushi-grade ahi tuna
- 1 (1-pound) flank steak
- 2 1/2 pounds chicken wings
- 1 large eggplant
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 bunch scallions
- 1 avocado
- 1 mango
- 1 cucumber
- 1 red onion
- 1 lime
- Low sodium soy sauce
- Hoisin sauce
- Toasted white sesame seeds
- Cornstarch
- 1 (28-oz.) can crushed tomatoes
- 1 pound whole wheat pasta shells
- Blackberry jam

### SPICES

- Crushed red pepper flakes
- Chinese 5-Spice or other Asian spice blend

### PANTRY STAPLES

- Salt
- Pepper
- Vegetable oil
- Vanilla extract
- Granulated sugar
- Dark brown sugar