

Just a Taste[®]

WEEKLY MEAL PLAN 5: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/weekly-meal-plan-5-shopping-list/>

GROCERIES

- 1 rotisserie chicken (cooked)
- 1 1/2 pounds ground pork
- 1 pound ground breakfast sausage
- 1 bag Romaine lettuce
- 1 head purple cabbage
- 1 bunch scallions
- 1 bag spinach
- 1 cucumber
- 2 yellow onions
- 2 red peppers
- 1 green pepper
- 1/3 cup sliced almonds
- 1 cup crispy chow mein noodles
- 4 ounces pasta (any shape)
- 1 bag shredded cheddar cheese
- 1 loaf white, whole wheat or French Bread
- 1 cup homemade or store-bought Chinese Chicken Salad Dressing
- Hoisin sauce
- Barbecue sauce
- 4 hamburger buns
- 2 cups homemade or store-bought coleslaw
- Chinese 5-Spice Powder or other Asian spice blend

PANTRY STAPLES

- Salt
- Pepper
- Unsalted butter
- Olive oil
- Whole or non-fat milk
- 16 large eggs