

# Just a Taste<sup>®</sup>

## WEEKLY MEAL PLAN 7: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/weekly-meal-plan-7-shopping-list/>

### GROCERIES

- 6 boneless skinless chicken breasts
- 1 rotisserie chicken (cooked)
- 1 small package sliced prosciutto
- 1 head garlic
- 1 (1-inch) piece fresh ginger
- 1 yellow onion
- 2 red onions
- 1 container cherry tomatoes
- 1 medium cucumber
- 2 jars sliced black olives
- 1 green pepper
- 1 bunch cilantro
- 1 bunch scallions
- 1 bag frozen peas
- 1 pineapple
- 2 lemons
- 1 jar sundried tomatoes in oil
- Long grain rice
- 1 container breadcrumbs
- 1 package feta cheese
- 1 bag shredded mozzarella cheese
- Sesame oil
- Low sodium soy sauce
- 1 pound homemade or store-bought pizza dough
- 1 box pasta (any shape)
- Cornmeal
- Barbecue sauce
- 1 cup homemade or store-bought Greek salad dressing

### PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil