

Just a Taste[®]

WEEKLY MEAL PLAN 8: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/weekly-meal-plan-8-shopping-list/>

GROCERIES

- 1 pound ground turkey
- 1 1/2 pounds ground chicken
- Sliced pepperoni
- 1 head garlic
- 1 (1-inch) piece fresh ginger
- 1 yellow onion
- 1 red onion
- 1 cucumber
- 2 red bell peppers
- 4 plum tomatoes
- 1 bunch scallions
- 3 medium zucchini
- 1 1/2 cups homemade or store-bought teriyaki sauce
- Parmesan cheese
- 1 bag shredded mozzarella
- 1 (28-oz.) can crushed tomatoes
- 1 can tomato paste
- 1 jar marinara sauce
- Tomato juice
- 1 can crushed pineapple
- 1 package Panko breadcrumbs
- Low sodium soy sauce
- White wine vinegar
- 1 pound homemade or store-bought pizza dough

SPICES

- Dried oregano or pizza seasoning
- Sesame seeds

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Sugar
- Whole milk
- Eggs