

# Just a Taste<sup>®</sup>

## WEEKLY MEAL PLAN 9: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/weekly-meal-plan-9-shopping-list/>

### GROCERIES

- 1 pound jumbo shrimp
- 1 1/4 pounds chicken tenders
- 1 1/2 pounds ground turkey
- 1 (1 1/2 –to 2-pound) flank steak
- 1 head garlic
- 1 (2-inch) piece fresh ginger
- 1 yellow onion
- 1 red onion
- 2 green peppers
- 1 bunch carrots
- 1 bag sugar snap peas
- 2 medium zucchini
- 1 bunch scallions
- 1 (15-oz.) can diced tomatoes with chilies
- 1 (10-oz.) can pinto beans in chili sauce
- 1 (6-oz.) can tomato paste
- 1 (10-oz.) can tomato soup
- 1 container breadcrumbs
- 1 container grated Parmesan cheese
- 1 bag shredded Parmesan cheese
- 1 bag shredded Monterey Jack cheese
- 1 can chicken broth
- 1 packet taco seasoning
- Balsamic Vinegar
- Low sodium soy sauce
- Hoisin Sauce
- 1 bag tortilla chips
- Toasted sesame seeds
- Cornstarch
- Sour cream

### PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable Oil
- All-purpose flour
- 3 large eggs
- Honey