

Just a Taste

WEEKLY MEAL PLAN 14: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-14>

GROCERIES

- 1 (12-oz.) package hot dogs
- 1 pound ground chicken
- 1 (2 1/2-to 3-pound) boneless pork shoulder
- 1 1/4 pounds uncooked chicken tenders
- 2 heads garlic
- 2 (1-inch) pieces fresh ginger
- 1 yellow onion
- 1 bunch scallions
- Eggs
- Homemade or store-bought coleslaw
- 1 can chicken broth
- Orange juice
- Low sodium soy sauce
- Hoisin sauce
- Blackberry jam
- Orange marmalade
- 40 round wonton wrappers
- Honey
- Panko breadcrumbs
- Yellow cornmeal
- Cornstarch
- Rice wine vinegar
- Balsamic vinegar
- Sesame oil
- Crushed red pepper flakes
- 12 slider-sized buns or rolls

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil
- All-purpose flour
- Sugar
- Baking powder
- Whole milk