

Just a Taste

WEEKLY MEAL PLAN 15: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-15>

GROCERIES

- 4 (6-oz.) salmon filets
- 2 boneless, skinless chicken breasts
- 1 (1-pound) pork tenderloin
- 2 heads garlic
- 1 red pepper
- 1 bag mixed salad greens
- 1 bunch carrots
- 1 head broccoli
- 1 bunch scallions
- 1 shallot
- 1 (1-inch) piece fresh ginger
- Fresh lime juice
- 1 can low sodium chicken stock
- 1 (15-oz.) can black beans
- 1/2 cup sliced black olives
- 1 bag shredded cheese (cheddar, Monterey Jack or a mix)
- 1 (4-oz.) herb-flavored goat cheese log
- Sour cream
- Pineapple juice
- Homemade or store-bought salsa
- Homemade or store-bought guacamole
- Honey
- Chipotles in adobo
- Quinoa
- Panko breadcrumbs
- Sliced almonds
- Dried cherries
- Light brown sugar
- Low sodium soy sauce
- Udon or rice noodles
- Sesame seeds
- Ground cumin
- Dijon mustard
- Red wine vinegar
- Cornstarch
- 1 large bag tortilla chips

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil