

Just a Taste

WEEKLY MEAL PLAN 16: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-16>

GROCERIES

- 6 medium boneless, skinless chicken breasts
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 large Granny Smith apple
- 1 pineapple
- 2 pounds asparagus
- 1 bunch carrots
- 1 bag frozen peas
- 1 medium onion
- 1 shallot
- 1 bunch scallions
- 1 lemon
- Fresh lemon juice
- 1 bunch flat-leaf parsley
- 3 cups arugula
- Eggs
- 2 bags shredded Parmesan cheese
- 1 1/3 cups fresh ricotta cheese
- 1 pound homemade or store-bought pizza dough
- 1 pound uncooked pasta
- Pine nuts
- Panko breadcrumbs
- Honey
- Dijon mustard
- Low sodium soy sauce
- Sesame oil
- Long grain white rice
- Cornmeal

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil
- All-purpose flour