

# Just a Taste

## WEEKLY MEAL PLAN 17: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/meal-plans/week-17>

### GROCERIES

- 1 1/2 pounds ground pork
- 1 cup fresh crab meat
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 pound asparagus
- 1 bunch scallions
- 3 red onions
- 1 head purple cabbage
- 4 plum tomatoes
- 5 Roma tomatoes
- 2 red bell peppers
- 1 cup pea shoots
- 2 cucumbers
- 1 avocado
- 1 mango
- Fresh lime juice
- Fresh lemon juice
- 1 bag shredded Parmesan cheese
- 2 1/2 cups uncooked pasta, such as penne or rotini
- Sesame oil
- Hoisin sauce
- Asian fish sauce
- Homemade or store-bought barbecue sauce
- Red wine vinegar
- White wine vinegar
- Tomato juice
- 4 hamburger buns

### SPICES

- Chinese five-spice powder
- Dried oregano
- Crushed red pepper flakes

### PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil
- Sugar