

Just a Taste

WEEKLY MEAL PLAN 18: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-18>

GROCERIES

- 6 ounces spicy Italian sausage
- 6 ounces ground beef
- 6 ounces ground turkey
- 1 1/2 pounds ground chicken
- 1 pound medium shrimp
- 2 large boneless, skinless chicken breasts
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 bunch carrots
- 2 cups fresh bean sprouts
- 1 head red cabbage
- 1 head Boston lettuce
- 1 bunch scallions
- 1 bunch fresh cilantro leaves
- 1 bunch Italian flat leaf parsley
- 2 limes
- Eggs
- 1 can chicken stock
- 1 container grated Parmesan cheese
- Tamarind concentrate/paste
- Low sodium soy sauce
- Hoisin sauce
- Fish sauce
- Sesame seeds
- 8 ounces Thai rice noodles
- Blackberry preserves
- Sambal Oelek (chili sauce)
- Honey
- Italian-style breadcrumbs
- Panko breadcrumbs
- Cornstarch
- Balsamic vinegar
- Crushed red pepper flakes
- Peanuts
- Pine nuts
- Raisins

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Vegetable oil
- Light-brown sugar
- Whole milk
- Non-fat milk