

Just a Taste

WEEKLY MEAL PLAN 22: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-22>

GROCERIES

- 1 1/2 pounds jumbo shrimp
- 2 1/2 pounds chicken wings
- 1 package bacon
- 4 pounds boneless beef chuck
- 2 heads garlic
- 2 medium onions
- 2 red bell peppers
- 4 Roma tomatoes
- 4 medium zucchini
- 1 bunch fresh cilantro
- 1 bunch fresh mint
- 2 bunches fresh basil
- Fresh lemon juice
- Plain Greek yogurt
- 2 (28-oz.) cans diced tomatoes in liquid
- 2 (15-oz.) cans kidney beans
- 1 (7-oz.) can chipotle chilies in adobo
- Parmesan cheese
- 1 pound homemade or store-bought pizza dough
- Honey
- Unsweetened cocoa powder
- Cornmeal
- 1 bay leaf
- Balsamic vinegar
- 1/3 cup unsalted walnuts, pine nuts or almonds
- Chili toppings: shredded cheddar cheese, sour cream and scallions

SPICES

- Cayenne pepper
- Cumin
- Paprika
- Ground cinnamon
- Ground ginger
- Turmeric

PANTRY STAPLES

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