

# Just a Taste

## WEEKLY MEAL PLAN 23: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/meal-plans/week-23>

### GROCERIES

- 4 (8-oz.) veal, chicken, turkey or pork scaloppini
- 4 chicken breasts
- 1 1/2 pounds ground chicken
- 1 pound flank steak
- 2 heads garlic
- 1 (1-inch) piece fresh ginger
- 1 bunch carrots
- 1 bunch fresh basil
- 1 bunch scallions
- 1 lemon
- Eggs
- 1 bag shredded Parmesan cheese
- 12 thin slices mozzarella cheese
- Cornstarch
- Dark brown sugar
- Pine nuts, toasted
- Panko breadcrumbs
- 2 dozen 7- to 8-inch egg roll wrappers
- Low sodium soy sauce
- Peanut oil
- Sesame oil
- Thai sweet chili sauce or [ginger-soy dipping sauce](#)

### PANTRY STAPLES

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