

Just a Taste

WEEKLY MEAL PLAN 25: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-25>

GROCERIES

- 4 chicken breasts
- 4 thin slices prosciutto
- 1 rotisserie chicken
- 1/3 cup mini pepperoni
- 1 head garlic
- 1 eggplant (1 1/2 lbs.)
- Brussels sprouts
- 1 shallot
- Fresh spinach
- 1 bunch Lacinato kale
- 2/3 cup pitted Kalamata olives
- 1 (28-oz,) can crushed tomatoes
- Sundried tomatoes packed in oil
- 2 lemons
- 1 large egg
- Parmesan or Pecorino cheese
- 1 bag shredded Parmesan cheese
- 1 bag shredded mozzarella cheese
- 1 pound homemade or store-bought pizza dough
- Homemade or store-bought marinara sauce
- 1 pound whole wheat pasta shells
- Bread crumbs
- Dijon mustard
- Honey
- Sliced almonds, toasted
- Pizza seasoning or dried oregano
- Crushed red pepper flakes

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Whole milk