

Just a Taste

WEEKLY MEAL PLAN 26: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-26>

GROCERIES

- 4 medium boneless, skinless chicken breasts
- 1 rotisserie chicken
- 1 pound jumbo shrimp
- 2 heads garlic
- 1 large Granny Smith apple
- 2 large carrots
- 3 medium zucchini
- 1 bag sugar snap peas
- 1 red onion
- 2 medium white onions
- 1 medium bell pepper
- 1 bunch celery
- 1 shallot
- 1 bunch fresh chives
- 4 thyme sprigs
- 1 bunch fresh parsley
- 1 (1-inch) piece fresh ginger
- 3 cups arugula
- Fresh lemon juice
- 4 1/2 cups low-sodium chicken broth
- Eggs
- 1 bag shredded Parmesan cheese
- 1 container grated Parmesan cheese
- 5 1/2 cups shredded cheddar cheese
- 1 pound uncooked pasta (such as cavatappi, shells or rigatoni)
- Panko breadcrumbs
- Hoisin sauce
- Low sodium soy sauce
- Toasted sesame seeds
- Cornstarch
- Dried oregano
- Ground mustard powder
- Honey
- Dijon mustard

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- All-purpose flour
- Unsalted butter
- Whole milk