

# Just a Taste

## WEEKLY MEAL PLAN 28: SHOPPING LIST

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**ONLINE MEAL PLAN:** <http://www.justataste.com/meal-plans/week-28>

### GROCERIES

- 3 large bone-in, skinless chicken breasts (2 1/2 to 3 lbs total)
- 2 heads garlic
- 2 large tomatoes
- 3 medium russet potatoes
- 1 yellow onion
- 4 medium white onions
- 1 bunch fresh chives
- 1 bunch scallions
- 1 bunch fresh parsley
- 2 1/2 cups chicken stock
- 2 1/4 cups pumpkin purée
- Eggs
- 1 (13.5-oz.) can unsweetened coconut milk
- Heavy cream
- Sour cream
- 1 (8-oz.) wedge Gruyere cheese
- 1 pound homemade or store-bought pizza dough
- Blackberry jam
- Honey
- Cornstarch
- Low sodium soy sauce
- Hoisin sauce
- Sesame seeds
- Balsamic vinegar
- Red wine vinegar
- Crushed red pepper flakes
- Yellow curry powder
- Pumpkin seeds
- Cornmeal

### PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Unsalted butter
- Vegetable oil
- Sugar