

Just a Taste

WEEKLY MEAL PLAN 29: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-29>

GROCERIES

- 1 1/4 pounds uncooked chicken tenders
- 4 medium boneless, skinless chicken breasts
- 1 pound ground turkey
- 8 slices bacon
- 2 heads garlic
- 6 small russet potatoes
- 1 green pepper
- 2 medium onions
- 1 bunch celery
- 1 bunch scallions
- 2 1/2 cups kale leaves
- 2 cups store-bought or homemade pumpkin purée
- Eggs
- 6 cups low sodium chicken stock
- 1 (15-oz.) can diced tomatoes with chilies
- 1 (15-oz.) can pinto beans
- 1 (10-oz.) can condensed tomato soup
- Heavy cream
- Whole milk
- Sour cream
- 1 bag shredded parmesan cheese
- 1 container grated parmesan cheese
- 1 bag shredded cheddar cheese
- 1 pound linguine pasta
- 1 1/2 cups whole wheat or white breadcrumbs
- Ground cumin
- Pumpkin seeds
- Blue corn tortilla chips

PANTRY STAPLES

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