

Just a Taste

WEEKLY MEAL PLAN 30: SHOPPING LIST

ONLINE MEAL PLAN: <http://www.justataste.com/meal-plans/week-30>

GROCERIES

- 1 pound jumbo shrimp
- 2 large boneless, skinless chicken breasts
- 1 head garlic
- 2 medium zucchini
- 2 large onions
- 1 bunch celery
- 1 bunch carrots
- 2 cups fresh bean sprouts
- 1 head red cabbage
- 1 bunch fresh parsley
- 1 bunch fresh cilantro leaves
- 1 bunch scallions
- 1 pound spinach leaves
- 1 cup kale leaves
- 2 bay leaves
- 2 limes
- Fresh lemon juice
- 4 cups low sodium chicken broth
- 1 can chicken stock
- Sharp cheddar cheese
- 5 ounces soft fresh goat cheese
- 1 3/4 cups French green lentils
- 8 ounces Thai rice noodles
- Tamarind concentrate/paste
- Low sodium soy sauce
- Fish sauce
- Sambal Oelek (chili sauce)
- Cornstarch
- Balsamic vinegar
- Crushed red pepper flakes
- 1 loaf bread (such as sourdough or brioche)
- Peanuts
- White wine

PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Unsalted butter
- Vegetable oil
- Sugar
- Light brown sugar