

Meal Plan Week 3

Mega Shopping List

(Cross off what you already have at home, add your family's every-week items and then buy what you see.)

Produce

- Garlic
- Shallot
- Spinach
- Brussel Sprouts
- Blueberries
- Lemon
- Mint
- Parlsey
- Cilantro

Pantry

- Sugar
- Flour
- Cornmeal
- Yeast
- Salt
- Pepper
- Paprika
- Ginger
- Cumin
- Saffron
- Pizza Seasoning
- Seafood seasoning
- Chicken (or duck) broth

Vegetable Oil
Olive Oil
Balsamic vinegar or glaze
Pasta
Rice
Quinoa
28 oz. crushed tomatoes
Tomato Sauce
Green olives
Club Soda

Condiments

Mayo
Dijon Mustard
Horseradish (find this in the refrigerated section)
Lime Juice

Dairy

Butter
Greek Yogurt
Grated Parmesan or Locatelli
Shredded mozzarella
Block of mozzarella

Meat

Scallops (we split 7 scallops between the two of us)
Salmon
Boneless Skinless Chicken breasts
Sweet Italian Sausage

Freezer

- Frozen Veggies
- Frozen Breaded Eggplant
- Frozen breaded shrimp
- Fish sticks
- Chicken nuggets

Alcohol

- Dry white wine
- Vodka