

# MEAL PLAN SHOPPING LIST

## 2015 | WEEK 6

### Produce

2 limes  
2 lemon  
2 bunch green onion  
1 quart grape tomatoes  
4 avocados  
8-10 baby carrots  
2 celery stalks  
8 cloves garlic  
1 shallot  
2 yellow onion  
Parsley  
Basil

### Frozen

2-12 oz. bags frozen corn

### Fish/Meat

boneless lamb meat, cubed {2lb}  
chicken breast, boneless, skinless {1 1/2lb}  
ground turkey breast {1lb}  
jumbo shrimp {1 1/2-2lb}

### Dairy

shredded cheddar cheese {16oz.}  
grated Parmesan cheese {3/4 cup}  
shredded part-skim mozzarella cheese {1 cup}  
part-skim ricotta cheese {1/2cup}  
light sour cream {1/2 cup}  
crumbled blue cheese {1/4 cup}  
unsalted butter {4 TBS}

### Staples

20 small flour tortillas  
2-15 oz. cans black beans  
1-28 oz. can diced tomatoes  
1-14 oz. can italian style diced tomatoes  
2-14 oz. cans no salt added tomato sauce  
1 box lasagna noodles

### Pantry Check List before you shop

Olive oil {6 TBS}  
Sea Salt  
Ground Black Pepper  
Ground Cinnamon  
Ground Nutmeg  
Coconut Oil {4 TBS}  
Red Wine {1 cup}  
White Wine {1/4 cup}  
Bay Leaf  
Italian Seasoning Mix  
Dried Oregano  
All Purpose flour  
Chicken Broth {1/4 cup}  
Franks Hot Sauce {1/4 cup}

