Meal Plan Monday Week \#30 Shopping List

| Monday: Breakfast for Dinner! Baked Denver Omelet from Cooking Classy |  |
| :---: | :---: |
| Tuesday: My Slow Cooker Lentil Quinoa Lettuce Cups |  |
| Wednesday: Rustic Herbed Skillet Chicken and Vegetables from Plating Pixels |  |
| Thursday: Grilled Shrimp and Sausage Kabobs from Taste and Tell |  |
| Friday: Pizza Night! Thin Crust Pizza Dough from Almost Casual with your fave pizza toppings |  |
| Saturday: Date Night - Eat Out. |  |
| Sunday: Y.O.Y.O (You're on your own - leftovers, etc.) |  |
| Pantry Staples/Baking | $\square 12$-oz smoked sausage |
| $\square$ olive oil | $\square 4$ chicken drumsticks (about 16-ounces total) |
| $\square 1 / 2 \mathrm{tsp}$ yeast | $\square 1$ cup (heaping) chopped cooked ham |
| $\square$ 1tsp honey |  |
| $\square 11 / 2 \mathrm{c}$ flour | Produce |
| $\square 1 / 3$ cup corn syrup | $\square$ Your favorite pizza toppings |
| $\square 1 / 2$ teaspoon maple extract | $\square 16$ fresh mushrooms |
| $\square 1 / 2$ cup dry white wine (or vermouth) | $\square 1$ large sweet onion |
|  | $\square 1$ large green bell pepper |
| Canned Goods/Sauces | $\square 1$ tablespoon fresh lime juice |
| $\square 1$ jar pizza sauce | $\square 2$ cups fresh or frozen green beans |
| $\square 1$ can (8 oz) pineapple chunks in juice | $\square 2$ medium red onions |
| $\square 1 / 2$ cup prepared barbecue sauce | $\square 2$ cups sliced zucchini |
| $\square 1 / 4$ cup ketchup | $\square 2$ cups cherry tomatoes |
| $\square 3$ tablespoons low sodium soy sauce | $\square 1$ red bell pepper |
| $\square 1$ tablespoon Worcestershire sauce | $\square 1$ yellow onion |
| $\square 4$ cups low sodium chicken or vegetable stock | $\square 1$ avocado |
|  | $\square 1$ cup shiitake or button mushrooms |
| Bread/Pasta/Grains/Nuts | $\square 2$ cloves of garlic, minced |
| $\square 1$ cup beluga or brown lentils | $\square 1$ head butter lettuce (often found as a living |
| $\square 1 / 2$ cup quinoa | head in a plastic clamshell box near the iceberg lettuce) |
| Dairy/Fridge | $\square 1$ cup broccoli coleslaw mix (a pre-packaged |
| $\square 8$ large eggs | blend of shredded broccoli, cabbage, and carrots |
| $\square 1 / 3$ cup milk | found with the bagged salad) |
| $\square 1$ cup shredded sharp cheddar cheese |  |
| $\square 1 / 2$ cup sour cream | Seasonings |
| $\square 1 / 2$ cup guacamole (or some plain avocado + a | $\square$ Salt and Pepper |
| dash of salt and garlic powder) | $\square 1 / 4$ teaspoon garlic powder <br> $\square 1 / 4$ teaspoon ground ginger |
| Meat | $\square 1 / 8$ teaspoon ground coriander |
| $\square 8$ strips of bacon | $\square 4$ teaspoons fresh thyme |
| 16 large shrimp, peeled and deveined, tails | $\square 1 / 4$ cup taco seasoning |

## Pantry Staples/Baking

olive oil$\square 1 / 2$ tsp yeast
$\square$ 1tsp honey
1/3 cup corn syrup
1/2 cup dry white wine (or vermouth)

## Canned Goods/Sauces

1 can ( 8 oz ) pineapple chunks in juice$1 / 2$ cup prepared barbecue sauce
3 tablespoons low sodium soy sauce1 tablespoon Worcestershire sauce4 cups low sodium chicken or vegetable stock

## Bread/Pasta/Grains/Nuts

1/2 cup quinoa

## Dairy/Fridge

1/3 cup milk
$1 / 2$ cup sour cream1/2 cup guacamole (or some plain avocado + a

## Meat

8 strips of baconremoved

12-oz smoked sausage
$\square 4$ chicken drumsticks (about 16-ounces total)
$\square 1$ cup (heaping) chopped cooked ham

## Produce

$\square$ Your favorite pizza toppings
$\square 16$ fresh mushrooms
$\square 1$ large sweet onion
1large green bell pepper
$\square 1$ tablespoon fresh lime juice
$\square 2$ cups fresh or frozen green beans
$\square 2$ medium red onions
$\square 2$ cups sliced zucchini
$\square 2$ cups cherry tomatoes
$\square 1$ red bell pepper
$\square 1$ yellow onion
$\square 1$ avocado
$\square 1$ cup shiitake or button mushrooms
$\square 2$ cloves of garlic, minced
$\square 1$ head butter lettuce (often found as a living head in a plastic clamshell box near the iceberg lettuce)
$\square 1$ cup broccoli coleslaw mix (a pre-packaged blend of shredded broccoli, cabbage, and carrots found with the bagged salad)

## Seasonings

$\square 1 / 4$ teaspoon garlic powder
$\square 1 / 4$ teaspoon ground ginger
$\square 1 / 8$ teaspoon ground coriander
$\square 4$ teaspoons fresh thyme
$\square 1 / 4$ cup taco seasoning

