

Meal Plan #1 Shopping List

Produce

- 1 medium zucchini
- 3 medium red onion
- 1 bulb garlic
- 1 knob of ginger
- 1 large tomato (to use for burger)
- lettuce (if needed for burgers)
- 2 to 4 corn on the cob (no husks), depending on the number of servings
- 1 small bunch cilantro (optional)
- 1 lemon
- 1 small bag of baby spinach
- 1 bunch scallions

Meat, Poultry and Fish

- 1 pound ground chicken (or use turkey)

Condiments and Spices

- panko breadcrumbs
- vegetable oil
- ground coriander
- ground cayenne
- ground turmeric
- garam masala powder
- chili powder
- cumin seeds
- salt
- ground black pepper
- mayonnaise
- Sriracha sauce
- Soy sauce

Dairy & Misc. Refrigerated Items

- 1 egg
- Greek yogurt (or plain)
- butter
- parmesan cheese
- 2 cups Milk

Grains

- 1 pack Burger buns (about 8)
- white rice
- 1 box of spaghetti (you'll use half)

Meal Plan #1 Shopping List (contd)

Canned and Jarred

- 1 (8 ounce) can tomato sauce (2 cans of doubling the recipe)
- 1 can coconut milk
- 1 (15 ounces) can chickpeas (2 cans of doubling the recipe)
- 1 (15 ounces) can chicken stock