

Meal Plan #3 Shopping List

Produce

- 2 onions
- 2 bulbs garlic
- 1 bunch cilantro
- 1 jalapeno
- 1 lemon
- fresh basil leaves
- 1 bunch scallions

Meat, Poultry and Fish

- 2 pounds ground chicken (or use turkey)

Condiments and Spices

- panko breadcrumbs
- salt
- ground black pepper
- chili powder
- ground coriander
- ground cumin
- paprika
- cayenne pepper powder
- red pepper flakes
- vegetable oil
- olive oil
- mayo
- soy sauce
- oyster sauce
- mirin
- dried parsley
- cornstarch
- sugar

Meal Plan #3 Shopping List (contd)

Dairy & Misc. Refrigerated Items

- 1/2 cup sour cream
- 5 tablespoons butter
- 3/4 cup parmesan cheese
- 24 ounces shredded mozzarella
- 4 eggs
- 1 block extra firm tofu (14-ounce package)

Grains

- 8 corn tortillas
- 1 pound penne pasta
- 4 Portugese rolls or Hoagie Rolls
- 1 cup rice
- 4 packs instant ramen noodles

Canned and Jarred

- 2 jars marinara sauce
- 1 cup of canned coconut milk