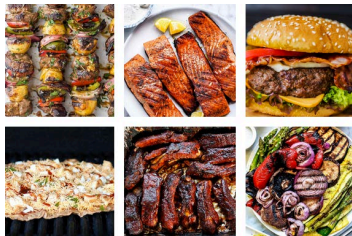


# 1 WEEK OF MEALS GROCERY LIST

ALL YOU NEED FOR 7 EASY DINNERS



ThePetiteFoodie.Com

**MON:** Grilled Pizza

**TUE:** Ribs w/ Corn on the Cob

**WED:** Grilled Veggies with Brown Rice

**THURS:** Grilled Chicken w/ Baked Sweet Potatoes & Edamame

**FRI:** Steak Kabobs with Brown Rice

**SAT:** Cheeseburger w/ Sweet Potato Fries

**SUN:** Grilled Salmon w/ Spinach & Brown Rice

## shopping list

### PANTRY

- burger buns
- pizza sauce
- BBQ sauce
- brown rice

### SEASONINGS

- brown sugar
- chili powder
- paprika
- dry mustard
- dried oregano
- garlic powder
- onion powder
- dried thyme
- cumin
- garlic salt
- dried parsley
- dried rosemary

### FRIDGE ITEMS

- pizza dough
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### PRODUCE

- lemon
- corn on the cob
- 1 zucchini
- 1 yellow squash
- 1 bunch asparagus
- 2 red onion
- 2 red bell pepper
- 1 eggplant
- 2 portobello mushrooms
- 3 sweet potatoes
- 1 lb baby yukon gold potatoes
- baby portobellos
- spinach

### FREEZER

- edamame beans
- Alexia sweet potato fries

### OPTIONAL ITEMS

- other pizza toppings
- side salad items

### FISH/MEAT/POULTRY

- ground bison (or other burger meat)
- salmon filets
- baby back ribs
- 2 lb beef tenderloin filet
- 1 to 2 lb boneless
- skinless chicken breasts

### DAIRY

- Sliced Cheese
- Shredded mozzarella

### STAPLES

- olive oil
- salt & pepper
- dijon
- ketchup
- worcestershire