

# 1 WEEK OF MEALS GROCERY LIST

ALL YOU NEED FOR 7 EASY DINNERS

**MON:** Turkey Meatballs Over Zoodles

**TUE:** Burgers On Sweet Potato Rounds

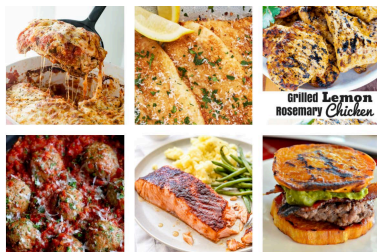
**WED:** Maple Glazed Salmon w/ Roasted Carrots

**THURS:** Healthy Lettuce Wraps

**FRI:** Grilled Lemon Chicken w/ Parmesan Smashed Potatoes

**SAT:** Baked Flounder w/ Asparagus

**SUN:** Healthy Eggplant Parmesan



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## shopping list

### PANTRY

- maple syrup
- coconut aminos (or soy sauce)
- rice wine vinegar
- almond or peanut butter
- (2) 28 oz can crushed tomatoes
- marinara sauce
- whole wheat breadcrumbs

### SEASONINGS

- dried oregano
- red pepper flakes
- chili powder
- paprika
- brown sugar (or coconut sugar)
- italian seasoning

### OPTIONAL

- Sriracha

### PRODUCE

- 2 eggplant
- 2 lb baby yukon gold potatoes
- zoodles
- garlic
- 3 onions
- fresh flat leaf parsley
- fresh basil
- fresh rosemary
- guacamole
- 2 large sweet potatoes
- 2 lbs carrots
- baby bella mushrooms
- asparagus
- 3 lemons
- fresh ginger
- green onions
- bibb lettuce

### FISH/MEAT/POULTRY

- 1 lb ground turkey
- 1 lb ground beef
- 2 lbs salmon
- 1 lb ground chicken
- OR pork
- 4 to 6 filets flounder
- 1 lb skinless boneless
- chicken breasts
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### DAIRY

- grated parmesan
- shredded mozzarella
- eggs

### STAPLES

- olive oil
- salt & pepper