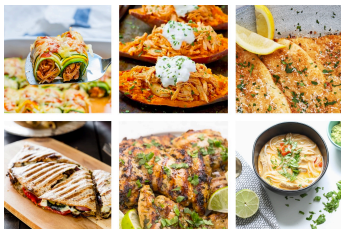


1 WEEK OF MEALS GROCERY LIST

ALL YOU NEED FOR 7 EASY DINNERS

- MON:** Zucchini Chicken Enchiladas
TUE: Lemon Parmesan Flounder w/ Asparagus
WED: Cilantro Lime Chicken w/ Brown Rice
THURS: Thai Curry Chicken Soup
FRI: Buffalo Chicken Sweet Potatoes
SAT: Grilled Vegetable Quesadillas w/ Goat Cheese
SUN: Braised Beef Ragu w/ Papardelle



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shopping list

PANTRY

- papardelle pasta
- brown rice
- bread crumbs
- coconut milk
- curry sauce
- chicken broth
- beef broth
- tomato paste
- 28 oz can crushed tomatoes
- 14 oz can diced tomatoes
- red enchilada sauce
- tortillas
- pesto

SEASONINGS

- chili powder
- paprika
- garlic powder
- cumin

PRODUCE

- asparagus
- 3 yellow onions
- 1 red onion
- garlic
- 4 zucchini
- 4 yellow squash
- lemon
- 4 limes
- 5 red bell peppers
- fresh ginger
- 2 medium sweet potatoes
- fresh basil
- fresh thyme
- fresh cilantro

FISH/MEAT/POULTRY

- 7 chicken breasts
- 4-6 flounder filets
- 2 lb chuck roast
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DAIRY

- grated parmesan
- crumbled goat cheese
- crumbled blue cheese
- shredded cheddar
- milk
- plain greek yogurt

STAPLES

- olive oil
- salt & pepper
- balsamic vinegar
- sugar