

Meal Plan Week #1

Produce

- White Onion (1)
- Basil
- Parsley
- Minced Garlic
- Mangos (2)
- Red Onion (½ cup)
- Lime (1)
- Jalapeno (1)

Dairy/Eggs

- Ricotta cheese (1 cup)
- Eggs
- Parmesan cheese
- Shredded Mozzarella Cheese
- Shredded Cheddar Jack Cheese
- Buttermilk Biscuits With Butter
- Butter

Bread/Bakery

- Flour Tortillas

Pantry

- Frozen Vegetables, Mixed
- Soy Sauce
- Sesame Oil
- White Rice
- 24 ounces marinara sauce
- No-Boil Lasagna Sheets
- Panko Breadcrumbs
- Salsa
- Brown Sugar
- Bourbon
- Lime Juice
- Olive Oil
- Powdered Sugar

Seasonings

- Garlic powder
- Kosher Salt
- Black Pepper
- Italian Seasoning
- Onion Powder
- Taco seasoning
- Red Pepper Flakes
- Ground Cinnamon

Meat/Poultry/Fish

- Chicken Breast (1 pound)
- ½ pound ground Italian sausage
- 1 pound ground chicken
- 1 pound ground beef, lean
- 2 salmon filets