

# Weekly Shopping Plan

## *Meat/Dairy*

- Boneless Chicken
- Thighs
- Large Shrimp
- Ground Venison
- (or Beef)
- \_\_\_\_\_
- Heavy Cream
- Grated Romano
- Butter
- Greek Yogurt
- Milk
- Grated Parmesan
- Shredded
- Cheddar

## *Bakery*

- Corn Tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## *Produce*

- Garlic
- Celery
- Red Onion
- Yellow Onion
- Napa Cabbage
- Fresh Cilantro
- Zucchini
- Lime

## *Pantry*

- Flour
- Pasta
- Coconut Milk
- Vegetable Broth
- Peas
- Tuna
- Brown Sugar
- Diced Tomatoes
- Chicken Broth
- White Vinegar
- Chili Beans
- Oregano
- Chili Powder
- Crushed Tomatoes
- Dill

M **Chili**

T **Shrimp Tacos**

W **Chicken Curry**

T **Tuna Casserole**

F **Garlic Alfredo**

- Basil
- Cayenne Powder
- Chili Powder
- Curry Powder
- \_\_\_\_\_

## *Misc*

- Minced Canned Chipotle
- Chile in Adobo Sauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_