

WEEKLY MENU PLAN SHOPPING LIST

from *yellowblissroad.com* | each meal serves approx. 4 unless otherwise stated.

| fruits & veggies | dairy | misc./pantry staples |
|--|---|---|
| <p>1/2 small head of red cabbage 1/2 small head of green cabbage 3 large carrots 3 green onions 2 lemons 3 cups kale 2 small onions Parsley 2 bell peppers (any color) 1 head garlic (or minced in a jar)</p> | <p>3 tablespoons Greek yogurt Parmesan cheese (1/4 cup) Cream Cheese (2 ounces) Skim Ricotta Cheese (1/2 cup) Cheddar-Jack Cheese (8-12 ounces)</p> | <p>1 loaf french bread Olive Oil Soy sauce Rice vinegar Honey Sliced almonds Sesame seeds Garlic Powder Onion powder Chili Powder Dried Oregano Bay leaf Salt & pepper</p> |
| dry & canned goods | meat & fish | breakfast & dessert (opt.) |
| <p>8-ounce can pineapple chunks in juice 1.5 16-ounce packages small dry pasta 2 32-ounce packages Low Sodium Chicken Broth 8-ounce can corn 15-ounce can diced tomatoes 15-ounce can Manwich Bold</p> | <p>7 8-ounce pound chicken breasts 1 pound lean ground beef</p> | <p>Red Velvet Brownie Bites Butter (4 tablespoons) Vanilla Cream Cheese (4 ounces) 1 egg 1 box Red Velvet Cake Mix Sprinkles, Hershey Kisses or M&Ms</p> <p>Double Chocolate Zucchini Muffins Vanilla 2 eggs Flour (1 cup) Cocoa (1/2 cup) baking powder Chocolate chips Granulated sugar Zucchini (2 medium) Applesauce (1/4 cup) Greek yogurt (2/3 cup)</p> |