

# WEEK 4 MENU PLAN SHOPPING LIST

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

fruits & veggies	dairy	misc./pantry staples
1 large head Romaine Lettuce Lettuce (for taco topping) Tomatoes (for tacos) 2 medium sized yellow onions 1 red bell pepper 1 yellow bell pepper 1 cup button or crimini mushrooms 5 cloves garlic 1 medium zucchini 1 medium yellow squash 2 cups spinach leaves Flat leaf parsley 2 large carrots 1 large celery stalk 1/2 cup red cabbage 1/2 cup frozen edamame 1/2 cup frozen peas	Shredded Cheddar (taco topping) 15-ounce containe Ricotta Cheese 2 eggs 2 1/2 cups Mozzarella cheese 1 1/4 cup fresh Parmesan cheese	Olive oil Garlic powder Dried basil Dried oregano Dried parsley Dried thyme Crushed Red Pepper Salt & pepper 3 tablespoons granulated sugar Sesame seeds 1/4 cup sliced almonds 2/3 cup mayonnaise Honey Yellow mustard Dijon mustard Apple Cider Vinegar
dry & canned goods	meat & fish	breakfast & dessert (opt.)
16 ounce jar salsa 2 32-ounce cans chicken broth 12 Taco shells (or soft tortillas) 2 28-ounce cans crushed tomatoes 12 uncooked lasagna noodles 1 1/2 cups dried egg noodles 8-ounces small, dry pasta 15-ounce can mandarin oranges 1 cup Teriyaki sauce	8 boneless, skinless chicken breasts (about 4-5 pounds) 8 ounces lean ground beef 16-ounces ground turkey	<p><b>Ham &amp; Cheese Croissant Casserole</b></p> 2 cups flour      1/2 cup oats 3/4 cup unsweetened coconut flakes 1 cup plain Greek yogurt 1/2 cup brown sugar 1/3 cup Canola oil 1/2 cup semi-sweet chocolate chips baking soda, salt, vanilla <p><b>One Bowl Brownies</b></p> 1 1/2 cups semi-sweet chocolate chips 1/2 cup butter (1 stick) 1 cup white sugar 3 eggs 1 cup flour Vanilla