

Meal Plan and Shopping List by *The Redhead Baker*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Veggie and bean tostadas	Spiced pork tenderloin with sauteed apples	Chicken parm meatballs over rotini pasta	Shrimp fried rice	Takeout pizza	Butternut squash cheddar ale soup	Greek-style lamb burgers with sweet potato fries

Shopping List

Produce

- 2 Braeburn or Gala apples
- 9 onions
- 1 carrot
- 1 bunch scallions
- 1 small butternut squash
- 12 leaves baby spinach or arugula, stems removed
- 1 shallot
- 1 package fresh thyme
- 2 bell peppers
- 2 heads garlic
- 1 package finely shredded red or green cabbage or coleslaw mix
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 package fresh basil
- 1 lemon
- 2 limes

Baking

- Cornstarch

Beans, Grains & Rice

- 2 (15-ounce) cans pinto beans
- White rice

Beer

- 12 oz bottle of ale

Bread & Bakery

- 12 (6-inch) corn tortillas
- 4 hamburger buns
- Dried breadcrumbs

Canned Goods

- Sun-dried tomatoes
- Pickled jalapeños

Cheese

- 4 oz Parmesan cheese
- 2 oz crumbled feta cheese
- Sliced mozzarella or provolone cheese
- 2 oz crumbled queso fresco
- 8 oz shredded mild cheddar

Condiments & Sauces

- Marinara sauce
- Soy sauce
- Pitted black olives (optional)
- Dijon mustard

Dairy

- Unsalted butter
- 4 Large Eggs
- Half & half
- 8 oz sour cream

Juices

- Apple cider

Meat & Poultry

- 1 pound pork tenderloin
- Bacon (optional)
- 1 lb ground lamb
- 1 1/4 lb ground chicken

Oil & Vinegar

- Cooking spray
- Canola or vegetable oil
- Olive Oil

Seafood

- 1/2 lb extra-large raw shrimp, also known as 16-20

Soups and Broth

- 40 oz lower sodium chicken broth

Spices

- Bay leaf
- Garlic powder
- Onion powder
- Dried oregano
- Ground coriander
- Ground cumin
- Ground cinnamon
- Ground nutmeg
- Red pepper flakes

Other

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