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| MEALS | PRODUCE | BAKING | BREAD/PASTA/RICE | DAIRY/CHESSES | CONDIMENTS/SAUCE | WINE | MEAT | SOUPS/BROTH | SPICES |
| #1 |  |  | Seasoned bread crumbs | EggsParmesan cheeseReduced fat swiss cheese slices |  |  | Deli HamBoneless skinless chicken breast |  | pepper flakessalt |
| #2 | Red bell pepperPoblano pepperOnionLime juice |  | Reduced carb wheat flour tortillas | Shredded mexican cheese | Extra virgin olive oil |  | 2 Pounds peeled and deveined shrimp |  | Kosher saltPepperCumin Garlic powderMexican chili powder |
| #3 | Basil Boiling potatoes2 Red onions2 Bell peppers3 Garlic clovesThymeScallionsParsley |  |  | Unsalted butterSour cream Cheddar  | Extra virgin olive oilTomato paste |  |  |  | SaltPepperPaprika |
| #4 | ParsleyGarlicHerbed sundried tomatoes |  | bread crumbs | Feta cheeseWhole milkEggs |  |  | Ground turkey |  | SaltPepper |

Meal 1- Skinny Chicken Cordon Bleu

Meal 2 – Skinny Shrimp Fajitas

Meal 3- Basil Chicken Hash

Meal 4 –Turkey Meatloaf with Feta and Sundried Tomatoes

All highlighted items in yellow are “PANTRY ESSENTIALS”