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| MEALS | PRODUCE | BAKING | BREAD/PASTA/RICE | DAIRY/CHESSES | CONDIMENTS/SAUCE | WINE | MEAT | SOUPS/BROTH | SPICES |
| #1 |  |  | Seasoned bread crumbs | Eggs  Parmesan cheese  Reduced fat swiss cheese slices |  |  | Deli Ham  Boneless skinless chicken breast |  | pepper flakes  salt |
| #2 | Red bell pepper  Poblano pepper  Onion  Lime juice |  | Reduced carb wheat flour tortillas | Shredded  mexican cheese | Extra virgin olive oil |  | 2 Pounds peeled and deveined shrimp |  | Kosher salt  Pepper  Cumin  Garlic powder  Mexican chili powder |
| #3 | Basil  Boiling potatoes  2 Red onions  2 Bell peppers  3 Garlic cloves  Thyme  Scallions  Parsley |  |  | Unsalted butter  Sour cream  Cheddar | Extra virgin olive oil  Tomato paste |  |  |  | Salt  Pepper  Paprika |
| #4 | Parsley  Garlic  Herbed sundried tomatoes |  | bread crumbs | Feta cheese  Whole milk  Eggs |  |  | Ground turkey |  | Salt  Pepper |

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”