

Meal Plan 50 Grocery Shopping List

Monday: Easy Grilled Chicken Burgers \$9.80
Tuesday: Homemade Spaghetti Sauce \$7.93
Wednesday: Chicken Casserole \$5.91
Thursday: One Pan Jambalaya \$10.53
Friday: Crispy bean and Cheese Burrito \$3.76

Weekly Total: \$37.93

<u>Produce</u>
Avocado (1)
Red onion (1/2)
Onion (2 medium)
Leafy green lettuce (4 leaves)
Celery (1 bunch)
Bell pepper (1 medium red or green)
Green onion (3-4)
Garlic (2 cloves)
Lemon juice (1 tablespoon)
Fresh basil leaves (1/4 cup)

<u>Pantry Staples</u>
Olive oil (1 Tablespoon)
Oil (1 tablespoon vegetable or canola)
Worcestershire sauce (1 tablespoon)
Sugar (2 Tbs)
Mayonnaise (3/4 cup)
All purpose-flour (2 tablespoons)

<u>Bread/Grains</u>
Hamburger buns (4)
Spaghetti noodles (for serving with spaghetti sauce)
Minute rice (1 cup)
Corn flakes cereal (1 cup)
Long grain white rice (1 cup)
Flour tortillas (6 medium)

<u>Refrigerated</u>
Provolone cheese (4 slices)
Eggs (3 large)
Butter (3 tablespoon)
Mexican blend cheese (1/2 cup)

<u>Canned Goods</u>
Tomato sauce (15 oz)
Tomato paste (6 oz)
Diced tomatoes (2-14.5 oz can)
Cream of chicken soup (10.5 oz can or homemade)
Chicken broth (2 cups)
Refried beans (16 oz can)

<u>Meat</u>
Chicken Breasts (4)
Ground beef (1 pound)
Cooked Chicken (2 cups)
Andouille sausage (1 lb.)

<u>Spices</u>
Chili powder
Garlic powder
Onion powder
Cumin
Oregano
Dried basil
Cajun seasoning
Italian seasoning
Dried parsley flakes
Crushed red pepper flakes
Salt and pepper

<u>Other</u>
Slivered almonds (1/4 cup)
Salsa (1 tablespoon + more for dipping)
Mexican rice (optional for serving with burritos)