



Estimated Total: \$60.13

Produce:

Bell Pepper (2)
Broccoli Slaw (1 bag)
Celery (2 ribs)
Fresh Mango (1/2 cup)
Pineapple (1/2 cup)
Flat Leaf Parsley (1/4 cup)
Cilantro (1 Tbsp)
Garlic (8 cloves)
Green Onions (3)
Lemon Juice (3 Tbsp)
Lemons (garnish)
Onion (2 1/2)
Red Bell Pepper (1 1/2)
Roma Tomatoes (3)

Bread & Grains:

Penne Pasta (8 oz)
Slider Buns (10)
Spanish Rice (2 cups)

Protein:

Chicken Breasts (1 lb)
Chicken Thighs (4)
Calamari Rings (8 oz)
Jumbo Shrimp/Prawns (1/2 lb)
Mussels (1/2 lb)
Pork Shoulder (4 lb)

MONDAY



BBQ Pulled Pork Sandwiches
\$20.89

TUESDAY



Vegetable Tortellini
\$5.87

WEDNESDAY



Spanish Paella
\$18.78

THURSDAY



Chicken Fajita Pasta
\$9.49

FRIDAY



Pulled Pork Nachos (leftover pork from Monday)
\$5.10

Pantry:

BBQ Sauce (2 1/2 cup)
Bouillon Vegetable Base (2 tsp)
Mayo (2 Tbsp)
Apple Cider Vinegar
Dijon Mustard
Olive Oil
Sugar
Oil
Brown Sugar
Pulled Pork Recipe - ingredients not included in this shopping list
Coke (12 oz. NOT diet)
Tortilla Chips (8 oz. bag)
White Wine (1/4 cup)

Refrigerated:

Cheese Tortellini (10 oz.)
Parmesan Cheese
Mixed Carrots, Peas, Corn, Green Beans (2 cups)
Frozen Peas (1/2 cup)
Milk (1/2 cup)
Cheddar Cheese (2 cups)
Salsa and Sour Cream (toppings)

Seasonings:

Bay Leaves (3)
Parsley Flakes
Rosemary
Garlic Powder
Cumin
Italian Seasoning
Kosher Salt
Onion Powder
Paprika
Chili Powder
Saffron Threads (1 pinch)
Salt & Pepper

Canned Goods:

Black Beans (15 oz. can)
Jalapenos and Yellow Peppers (1 cup)
Chicken Broth (7 cups)
Diced Tomatoes (2 - 14.5 oz. cans)
Vegetable Broth (4 cups)

**Tastes Better
from Scratch™**

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