



Shopping List

7-Day Budget Meal Plan

Refrigerator & Freezer Items:

- 1/4 cup grated Parmesan cheese
- 1 cup shredded part-skim mozzarella
- 1/2 cup part-skim ricotta cheese
- 1/4 cup crumbled blue cheese
- 1/4 cup shredded Cheddar cheese
- 2 Tbsp. Boursin cheese
- 1/4 cup whole-milk plain Greek yogurt
- 1/4 cup pico de gallo
- 2 large eggs
- 2 cups frozen mixed vegetables
- 2 1/2 cups cooked brown rice
- 4 8-inch spinach or whole-wheat wraps

Vegetables:

- 2 1/2 lb. spaghetti squash
- 2 medium-to-large onions
- 10 cloves garlic
- 10 oz. whole mushrooms
- 4 cups sliced mushrooms
- 3 scallions
- 2 tsp. grated ginger
- 2 cups chopped red leaf lettuce
- 1 lb. whole carrots
- 1/2 cup shredded carrot
- 1/2 cup thinly sliced celery
- 1 green bell pepper
- 1/2 red onion
- 2 cups sliced Brussels sprouts
- 2 Tbsp. chopped fresh chives
- 1 1/2 lbs. Yukon Gold potatoes

Canned, Bottled & Dry Goods:

- 2 cups crushed tomatoes
- 2 1/2 Tbsp. reduced-sodium tamari
- 1 15-oz. can no-salt-added chickpeas
- 1 Tbsp. hot sauce
- 1/4 cup canned black beans
- 8 oz. whole-wheat linguini
- 1/2 cup all-purpose flour
- 3/4 cup red wine
- 1 1/2 cups low-sodium beef broth
- 1 6-oz. can tomato paste

Pantry Items & Dried Herbs & Spices:

- Extra-virgin olive oil
- Peanut oil or canola oil
- Salt
- Pepper
- White vinegar
- 1 tsp. Italian seasoning
- 1/4 tsp. crushed red pepper
- 1/2 tsp. cayenne pepper
- 2 1/4 tsp. dried thyme
- 3/4 tsp. dried rosemary
- 1 small bay leaf

Meat & Seafood:

- 2 lbs. boneless skinless chicken thighs
- 3 lbs. boneless beef chuck