

# 1 List, 5 Meals ✓

Use our 30-ingredient or less shopping list to make meal planning easy

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## Fresh Produce

- 2 large carrots or 4 small carrots
- 1 bunch cilantro
- 6 garlic cloves
- 1 package green leaf lettuce
- 1 medium lime
- 3 large onions
- 1 medium red onion
- 1 bunch parsley
- ¾ pound cubed fresh pineapple
- ½ pound red potatoes
- 3 pounds fresh tomato
- 1 ¼ pound sweet potatoes \*

## Dairy

- 4 ounce fat-free sour cream

## Meat, Poultry, Seafood

- 8 chicken thighs, approximately 2 pounds
- 4, 6-ounce center-cut pork chops
- 48 large, peeled, deveined shrimp (1 ½ pounds)
- 1 pound red snapper fillets
- 1 pound ground turkey breast

## Breads

- 4 hamburger buns
- 4, 8-inch fat-free flour tortillas

## Pasta, Rice, and Grains

- 1 boil-in-bag rice \*

## Canned Goods

- 1, 14-ounce can of fat-free low-sodium chicken broth
- 1 small can chipotle chile in adobo sauce
- 1 bottle dry white wine
- 12 ounce can sweet corn \*
- 12 ounce can black beans \*

## Condiments and Sauces

- 1 small bottle of light teriyaki sauce

## Herbs, Spices, and Nuts

- 1 small package of sesame seeds

## Freezer

- 1 bag mixed veggies \*

\*Optional Side Dishes: We included our suggested pairings, but feel free to substitute your family's favorite.

## Already in the Pantry

- |                             |                        |
|-----------------------------|------------------------|
| All-purpose flour           | Cumin                  |
| Freshly Ground Black Pepper | Garlic Powder          |
| Brown Sugar *               | Extra-virgin olive oil |
| Butter                      | Dried Oregano          |
| Cajun Seasoning             | Paprika                |
| Chili Powder *              | Salt                   |
| Cinnamon                    | Dried Thyme            |
| Cooking Spray               | Dried Oregano          |