

# DINNER DAILY EASY MEMBER FAVORITES

## Shopping List

Serves 4 - 6



### WEEKLY MENU

- 1 Upside Down Pizza Bake
- 2 Crunchy Asian Chicken Fingers
- 3 Lemony Tuna with Pasta & Peas
- 4 Roasted Veggie Pasta
- 5 Shortcut Shepherds Pie




• **M** denotes ingredient used in multiple recipes

### STAPLES

- 1 Olive oil, oregano (dried), flour, aluminum foil
- 2 Soy sauce (or gf tamari), low sodium, ginger (ground), garlic powder, honey, salt
- 3 Olive oil, red pepper flakes (optional), salt
- 4 Olive oil
- 5 Butter (unsalted), oregano (dried), worcestershire sauce, flour

• Asterisk (\*) denotes side dish ingredient















### PRODUCE

- 3  Lemon (1)  
- 2  Lime (1)  
- 4  Asparagus (1 bunch)  
- M**  Green peppers (2)  
- 4  Butternut squash (1 lb)  
- 1  Mushrooms (6 oz)  
- 1  Onion (1)  
- M**  Garlic (1 bulb)  
- 4  Shallots (2)  
- 4  Zucchini (1)  
- 5  Baking potatoes (4)  
- 4  Fresh parsley (1 bunch)  











### MEAT/POULTRY

- M**  Lean ground beef (3 lbs)  
- 2  Chicken breast tenders (2 lbs)  

### GROCERY

- 3  Canned tuna in water (10 oz)  
- 3  Pasta of choice (16 oz)  
- 4  Penne pasta (12 oz)  
- 2  Panko bread crumbs (1 cup)  
- 1  Tomato pasta sauce (24 oz)  
- 4  Diced tomatoes, canned (low sodium) (14.5 oz)  
- 5  Beef broth (low sodium) (1/2 cup)  

### DAIRY

- 5  Low fat milk (1/4 cup)  
- 5  Low fat shredded cheddar cheese (4 oz)  
- 1  Shredded mozzarella (8 oz)  
- 4  Feta cheese (3 oz)  
- 1  Pizza dough (12 oz)  

### FROZEN FOODS

- 3  Frozen peas (10 oz)  
- 5  Frozen peas & carrots (10 oz)  