



## Vacation Meal Plan

7 Restaurant Quality, 5 Ingredient Easy Dinners

### Grocery List

#### Meat

- 2-3 lb Pork tenderloin roast
- 4 chicken thighs (about 2 lbs)
- 1 lb ground Italian sausage
- 2 lbs ground beef (80-85% lean)

#### Fish

- 1 lb salmon fillet
- 4 tilapia fillets (about 1 lb)

#### Pasta

- 16 oz spaghetti
- 8 oz. ziti

#### Canned

- 2- 10 oz Rotel tomatoes
- 16 oz dark red kidney beans

#### Seasonings

- 1 chili seasoning packet
- Rosemary
- Garlic powder
- 1 ½ tsp fennel seeds
- Salt and pepper

#### Oils and Sauces

- Extra Virgin Olive Oil
- 1 tbsp Teriyaki sauce
- 2 tbsp Sweet Chili Sauce

#### Produce

- 1 ½ qts grape tomatoes
- 3 lb bag potatoes
- 8 oz spinach
- 1 lemon
- 1 lb asparagus
- 1 small onion
- 1 garlic bulb