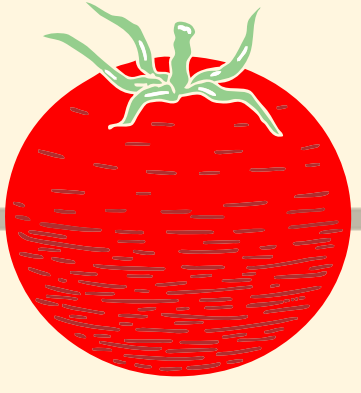
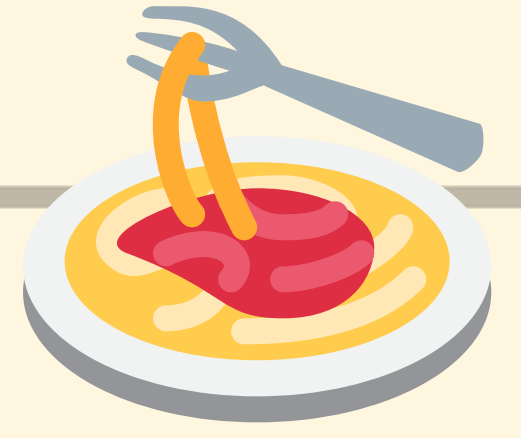


Vacation Meal Plan



7 Easy Dinners with 5 Ingredients Each Grocery List



Produce

1 1/2 qt grape tomatoes
8 potatoes
8 oz spinach
1 lemon
1 lb asparagus
1 onion
1 garlic bulb
1 broccoli crown
2 tbsp fresh basil
2 tbsp fresh rosemary

Meat

2-3 lb Pork Tenderloin Roast
4 chicken thighs (2 lbs.)
1 lb ground Italian Sausage
2 lbs ground beef (75-85% lean)

Seasonings & Sauces

Chili seasonings packet 1.25 oz
2 tbsp sweet chili sauce
1 tbsp teriyaki sauce
5 oz extra virgin olive oil
2 tsp fennel seeds
1 tsp garlic powder
salt and pepper

Fish

1 lb salmon fillet
1 lb. (4) tilapia fillets

Pasta

16 oz ziti
8 oz spaghetti

Canned

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

Dairy

Misc