Meal Plan Shopping List

**Produce:**

* mushrooms
* fresh thyme
* fresh tarragon
* 1 potato
* 2 red bell peppers
* garlic (1 clove or jar of minced garlic)
* 1 bunch of Italian parsley
* 4 yellow onions
* 1 jalapeno (if you have a jar of jalapenos in your fridge, use some of those)
* 1 medium/large eggplant
* 2 lemons
* 1 bag of arugula (spinach makes a nice substitute)
* 2 carrots
* Frozen peas

**Dairy:**

* eggs
* butter

**Meat:**

* 1.5 lbs sweet Italian sausage (1 lb for Ragu; ½ lb for Carbonara)
* 1 lb bacon (use half for Sloppy Joses and half for Carbonara)
* 1 lb ground sirloin
* 2 lbs boneless, skinless, thin sliced chicken breasts

**Pantry:**

* 1 lb ziti or penne pasta
* 1 lb rigatoni
* 8 oz tomato sauce
* Frito corn chips (optional topping for Sloppy Joses)
* Burger buns
* 2 quarts of chicken stock
* 28 oz San Marzano tomatoes

**Seasonings: (CHECK YOUR PANTRY FIRST!)**

* flour
* corn starch
* bay leaves
* salt and pepper
* EVOO (extra virgin olive oil)
* chili powder
* cumin
* coriander
* hot sauce
* light brown sugar
* Worcestershire sauce
* cider vinegar
* sherry or Marsala wine (I’ll substitute with extra stock or a dry wine)
* 1 lager beer (again, you can substitute with extra stock)
* white wine