

Easter Week Meal Plan Shopping List

Meat / Protein

- ½ lb salmon
- 6 bone-in, skin-on chicken thighs
- 1 lb ground turkey
- 1 lb ground beef
- 1 lb raw shrimp
- 1 large egg

Produce

- 1 cup fresh cranberries + ■ cup extra
- 3–5 cloves garlic
- 1 avocado
- ¼ cup shredded carrots
- 1 cup spinach
- 1.5 onions (yellow + sweet)
- 1 bell pepper
- 1 cup zucchini
- 2 medium sweet potatoes
- 1 cup broccoli florets
- Fresh rosemary (1 tsp + 4 sprigs)

Pantry / Sauces

- 1 cup gluten-free teriyaki sauce
- 1 tbsp soy sauce
- 2 tbsp coconut aminos
- 1 tbsp sesame oil
- 1 jar tomato sauce (650 mL)
- ¼ cup BBQ sauce
- ¼ cup ketchup

- 1 tbsp gluten-free Worcestershire sauce
- 2 tbsp maple syrup (+1 tbsp extra)
- ¼ cup broth
- 2–3 tbsp avocado or olive oil

Dry Goods

- 1 cup pre-cooked jasmine rice
- 1.5 cups gluten-free penne pasta
- ¼ cup gluten-free breadcrumbs
- ¼ cup edamame
- 8–12 tortillas
- Roasted seaweed (optional)
- Sesame seeds (optional)

Spices & Seasonings

- Oregano
- Black pepper
- Salt
- Italian seasoning
- Chili powder
- Smoked paprika
- Cumin