

Updated Meal Plan Shopping List

Meat / Protein

- 4 boneless skinless chicken thighs
- 1 lb lean ground beef

Produce

- ½ pint cherry tomatoes
- 1 green onion

Pantry

- 4 tbsp teriyaki glaze
- ¼ tsp sesame seeds (optional)
- 1 1/4 oz taco seasoning
- 10 oz diced tomatoes with green chilis
- 8 oz tomato sauce
- 2 1/2 cups water
- 8 oz spaghetti noodles
- 1 cup shredded cheddar cheese