

New Year 5-Day Meal Plan

Shopping Checklist

Baked Goods:

- Martin's® 100% Whole Wheat Potato Bread (1 Pack)
- Martin's® Big Marty's Rolls (1 Pack)
- Martin's® Long Potato Rolls (1 Pack)

Fresh Produce:

- 1 Teaspoon Garlic
- 1 Garlic Clove
- Assorted Bell Peppers (6-7)
- Lemons (2)
- Shallot (2 T)
- Romaine Lettuce (1 or 3 Cups)
- Tomato (1-2)
- Cucumber (1)
- 1 Avocado (1)
- Baby Red Potatoes (2 Cups)
- Green Beans (1 lb or 3 Cups)
- Large Head of Broccoli (1)
- Fennel (1)
- Celery (¼ Cup)
- Yellow Onion (2)
- Mushroom (½ lb)

Fresh Herbs:

- Basil (1 Bunch)
- Chives (1 Small Bunch)
- Sage (1 Small Bunch)
- Rosemary (2 Sprigs)
- Parsley (1 Small Bunch)

Meat:

- Rotisserie Chicken (1)
- Bacon (12 Slices)
- Smoked Turkey Sausage (13 oz)
- Country Sausage (½ lb)
- Rib Eye or Alternate Cut of Steaks (Two 7-oz Steaks)

Dairy:

- Parmesan Cheese
- Mozzarella Cheese (1 Cup)
- Asiago Cheese (1 Cup)
- Romano Cheese (1 Cup)
- Fresh Mozzarella Pearls (1 Cup)
- Fresh Goat Cheese (3 oz)

Dried Herbs/Spices:

- Garlic Powder (1 tsp)
- Onion Powder (½ tsp)
- Chicken Stock Cube (1 Cube)
- Cayenne Pepper
- Dried Oregano (3 ½ tsp)
- Dried Parsley (2 T)
- Red Pepper Flakes (¼ tsp)
- Paprika (1 tsp)

Canned/Dried Goods:

- Cavatappi Noodles (4 Cups)
- Diced Pimento Peppers (1 Can)
- Sun Dried Tomatoes
- Chickpeas (1 Can)
- Low Sodium Chicken Stock (1 Cup)

Condiments:

- Dijon Mustard (2 T)
- Red Wine Vinegar
- Balsamic Vinegar

Kitchen Staples:

- Unsalted Butter (2 Sticks or 1 Cup)
- All-Purpose Flour
- Milk
- Extra Virgin Olive Oil
- Kosher Salt
- Freshly Ground Black Pepper
- Granulated Sugar