

Easy College Dinner Weekly Meal Planner #1
Shopping List

- 2 pounds ground turkey, chicken or beef
- 1 ½ pounds boneless chicken
- 1 dozen eggs
- 1 pack shredded cheddar or Mexican blend cheese
- 1 package mixed salad greens of your choice
- 1 package fresh or frozen vegetables of your choice
- 1 box whole grain pasta
- 1 jar marinara/pasta sauce
- 1 box instant brown rice
- 2 cans beans of your choice
- 1 pack chili seasoning
- 1 15-ounce can diced tomatoes or tomato sauce
- 1 bottle soy sauce or teriyaki sauce
- 1 jar salsa
- spice/herb blend of your choice (e.g., Italian, Cajun, lemon pepper, seasoned salt)
- salad dressing of your choice