

1 List, 5 Meals ✓

Use our 30-ingredient or less shopping list to make meal planning easy.

Fresh Produce

- 16 fresh mint leaves
- 2 cantaloupes
- 1/4 cup diced red bell pepper
- 2 tablespoons chopped sweet onion
- 1 onion
- 2 tablespoons chopped fresh parsley

Canned Goods

- 1 (7 oz) can chipotle peppers in adobo sauce
- 3/4 cup refried beans with sausage
- 1/4 cup sliced green olives
- 1/4 cup sliced black olives
- Canned baked beans*

Condiments and Sauces

- 1/2 cup taco sauce

Pasta, Rice, and Grains

- Spanish rice*

Other

- 1 bag chips of your choice*

Dairy

- 5 oz Cheddar cheese
- 5 oz shredded Mexican cheese blend
- 2 (8 oz) balls Mozzarella cheese
- 1 egg

Meat, Poultry, and Seafood

- 4 lbs ground beef chuck or sirloin
- 1/2 pound sliced prosciutto
- 2 cups chopped cooked chicken

Freezer

- 1 (19 oz) package frozen cheese tortellini
- Bag of frozen peas and carrots mix*

Breads

- 4 (8-inch) flour tortillas
- 4 sesame seed hamburger buns
- 2 baguettes
- 1/2 cup breadcrumbs

*Optional Side Dishes: We included our suggested pairings, but feel free to substitute your family's favorite.

Already in the Pantry

Sour cream
Extra-virgin olive oil
Steak seasoning
Kosher salt
Black pepper
Mayonnaise
Red wine vinegar
Herbs de Provence

Canola oil
Ketchup
Brown sugar
White vinegar