

# 3 Diabetic Dinners

## Meal Prep Shopping List



Hacienda Chicken  
Beef Stew in Crock Pot  
Roasted Summer Vegetables over Pasta

### Dairy:

- Greek yogurt, plain fat-free, 1/2 c
- Grated Parmesan cheese, 3 T

### Pantry:

- Picante sauce or salsa
- Barbecue sauce, sweet
- All-purpose flour
- 1 (8-oz) package small tubular pasta
- Olive oil

### Spices:

- Ground cumin
- Paprika
- Salt and pepper

### Meat, Poultry & Seafood:

- 1 1/2 lbs boneless, skinless chicken breasts
- 1 1/2 lbs beef stew meat

### Produce:

- 1 onion
- 1 bunch green onions
- 1 large butternut squash
- 2 sweet potatoes
- 2 cups baby carrots
- 2 zucchini
- 5 large yellow squash
- 1 pint grape or cherry tomatoes
- 1 red onion
- 6 cloves garlic
- Fresh basil leaves