Grocery List- Week 4

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| Produce  -2 med. Onions  -4 cloves garlic  -1 tomato (sliced)  -Cucumber (1/2 cup)  -1 Red Bell Pepper  -1 green bell pepper  -1 avocado  -Cilantro (2 TB)  -½ cup fresh Basil | | Bread  -Pita pockets (I get wheat)  -Tortillas ( I will get wheat) | | Meat  -1.5 lb chicken breasts (one recipe calls for thighs but those intimidate me)  -1 lb ground beef (I will get lean or ground turkey- for meatballs)  -1 lb Turkey Sausage | | Dairy  -3/4 cup plain yogurt (I will get Greek and also use in another recipe instead of Sour Cream)  -String Cheese (3-4 for meatballs)  -2 eggs  -1.5 cups grated cheese (I will use mozzarella)  -3 TB Parmesan cheese | |
| Baby/Beauty | | Drinks | | Paper Products | | Snacks/Cereal | |
| Baking  -1.5 ts. Lemon pepper  -½ ts. Dried Oregano  -¼ ts Ground Allspice  -Bread crumbs (I will use wheat, can use plain or seasoned)  -2 ts garlic powder  -1 TB Italian seasoning  -1 TB oil  ¼ ts crushed red pepper | | Canned/Bottled  -1 jar marinara sauce  -Spaghetti noodles (I will use wheat)  -Lasagna noodles (4-I will use wheat)  -32 oz can Chicken Broth  -1 15 oz can tomato sauce  -1 can petit diced tomatoes | | Frozen | | Other | |
| Weekly Menu | | | | | | | |
| Mon.  Slow Cooker Mozerella Stuffed Meatballs with Spaghetti | Tue.  Chicken Avocado Burritos | | Wed.  Bobby's Lighter Tastes Like Lasagna Soup | | Thurs.  Leftovers | | Fri.  Greek Chicken Pita Folds |