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 oil¼ 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 |