Grocery List- Week 6

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| Produce  -3 cups chopped green leaf lettuce  -3 carrot  -3 celery stalks  -2 Leeks  -4 Garlic cloves  -2 TB fresh dill  -1/2 Lemon juice  -Spinach  -Spinach  -Blueberries  -Avocados (2)  -1 Onion (chopped) | | Bread  -6 large tortillas (Wheat for me) | | Meat  -4 lbs Chicken Breasts  -1 lb ground beef  (I will use ground turkey since I have it) | | Dairy  -1/2 cup shredded parmesan  ¼ cup Fat Free Half and Half  -2 cups shredded cheddar cheese (I will use Mozzarella) | |
| Baby/Beauty | | Drinks | | Paper Products | | Snacks/Cereal | |
| Baking  -3 TB flour  -2-3 TB Chili Powder  -2 ts Paprika  -1/2 ts Oregano | | Canned/Bottled  -1 cup Caesar dressing (I will get Low Fat)  -10 cups chicken broth  -1 can chili beans  -1 can diced tomatoes  -12 oz Elbow Macaroni (Wheat for me)  -1 cup Barley (I had to google where to find this! Said soup or rice aisle ;) ) | | Frozen | | Other | |
| Weekly Menu | | | | | | | |
| Mon.  Crockpot Chicken Caesar Wraps | Tue.  Creamy Chicken Barley Stew with Lemon and Dill | | Wed.  Leftovers! | | Thurs.  Berry Almond Salad (With chicken!) | | Fri.  One Pot Chili Mac |