Grocery List- Week 10

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| Produce  -5 bay leaf  -1 avocado  -2 TB Cilantro  -1 cup chopped yellow onion  -8 garlic cloves  -5 sprigs Thyme  -3 ts parsley  -1 TB minced garlic  Green Onions (Garnish)  -4 med. Carrots  -1 red bell pepper | | Bread  -large tortillas (Wheat for me)  -Rolls for F. Dips (Wheat for me) | | Meat  -1.5 lbs Chicken Breasts  -3 lb tri tip  12-16 oz smoked sausage (I will use chicken or turkey) | | Dairy  -1 cup grated cheese (mozzarella for me)  -4 TB Sour cream ( I will use Greek Yogurt) | |
| Baby/Beauty | | Drinks | | Paper Products | | Snacks/Cereal | |
| Baking  - 1 ts dried rosemary  -1 ts dried thyme  -2 ts garlic powder  -1/4 ts cayenne  -1 ts corn starch  -1 TB sugar (I will sub Truvia)  -1/2 ts red pepper flakes | | Canned/Bottled  - 3/4 cup soy sauce  - 1 can beef broth  -12 cups chicken stock  -1 lb dried black eyed peas  13.25-16 oz box linguini (wheat for me) | | Frozen | | Other | |
| Weekly Menu | | | | | | | |
| Mon.  Chicken Avo Burritos | Tue.  Smoked Sausage & Black Eyed Peas | | Wed.  Leftovers! | | Thurs.  Chicken Lo Mein | | Fri.  French Dip Sammies |