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 garlicGreen 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 tip12-16 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 peas13.25-16 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 |