Grocery List- Week 13

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| Produce-Diced Tomatoes \*-Green onions \*-Cilantro \*-Avocados \*-Lettuce \*-4 med carrots -1 med. Red bell pepper-1 bunch of green onions-4 garlic cloves-1 med onion diced -1 TBSP minced fresh ginger-2 garlic cloves-1 cup chopped cilantro \*-1 avocado | Bread-12 small corn tortillas   | Meat-1 lb chicken breasts-1 lb chicken breasts- 2 lbs deveined shrimp-1 lb chicken breast | Dairy-1 cup shredded cheddar cheese (I will use Mozz)-Sour cream\* ( I will use Greek Yogurt)-1 cup shredded cheddar cheese (I will use mozz)-Crema\*- 3 TBSP Sour Cream + 2 TBSP Cream-( I will use Greek yogurt)-Cotija cheese\* |
| Baby/Beauty | Drinks | Paper Products | Snacks/Cereal-Tortilla strips \* |
| Baking-1 ts ground cumin-1/2 ts ground cilantro-1 ts garlic powder-1 ts corn starch-1 TBSP sugar-1/2 ts red pepper flakes (I will leave out for kids)-2 ts ground coriander -1/2 ts turmeric -1 ts curry powder-3 TBSP taco seasoning | Canned/Bottled/Boxed- 2 10.75 oz cans condensed cream of chicken soup (Fat Free)-1 cup salsa-1 15 oz can black beans-1 box of fettuccini (wheat)-1/4 cup soy sauce-4 cups chicken broth1 (14 oz) can diced tomatoes-1 can coconut milk (Lite)-Rice for curry (brown)-1 can black beans-1 can corn-16 oz salsa | Frozen-2 cups frozen corn | Other |
| Weekly MenuEverything with an asterisk (\*) is optional |
| Mon.CrockpotChicken Fajita Soup | Tue.Chicken Lo Mein  | Wed.Leftovers! | Thurs.Coconut Shrimp Curry |  Fri.Skinny Chicken Enchiladas  |