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 broth  1 (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 Menu  Everything with an asterisk (\*) is optional | | | | | | | |
| Mon.  Crockpot  Chicken Fajita Soup | Tue.  Chicken Lo Mein | | Wed.  Leftovers! | | Thurs.  Coconut Shrimp Curry | | Fri.  Skinny Chicken Enchiladas |