Grocery List- Week 15

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| Produce-1 small onion (chopped)-1 clove garlic-2 cloves garlic -2 med. Diced tomatoes -6 cups baby spinach Cilantro\* | Bread-16 taco sized tortillas (wheat for me)  | Meat-1 lb ground beef (lean for me)-6 boneless chicken breasts -3/4 lb Kielbasa sausage (chicken or turkey for me) -3 to 4 Chicken Breasts  | Dairy-3 oz cream cheese (reduced fat for me) -1/2 cup sour cream (Fat free for me)-Shredded cheese for topping (Mozz for me) -1 cup light mayo or Greek Yogurt-1/2 cup fresh parmesan cheese -8 oz cream cheese (reduced fat for me)-1.5 cups shredded cheese (Use your fave) |
| Baby/Beauty | Drinks | Paper Products | Snacks/Cereal- |
| Baking-1 packet taco seasoning -1.5 ts seasoning salt -1 ts garlic powder-1 ts dried oregano -1 TB olive oil -1 ts garlic powder -1 ts cumin | Canned/Bottled/Boxed- 8 oz small dry pasta (wheat for me)-1 cup salsa -2 cups chicken broth-2 cups cannellini beans (canned is fine, just rinse well)-1/3 cup jalapenos -Ranch\*-Salsa\* | Frozen- | Other |
| Weekly MenuEverything with an asterisk (\*) is optional |
| Mon.Taco Pasta  | Tue.Parmesan Chicken Bake  | Wed.Leftovers! | Thurs.White Beans with Spinach and Sausage  |  Fri.Chicken Taquitos |