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 Menu  Everything with an asterisk (\*) is optional | | | | | | | |
| Mon.  Taco Pasta | Tue.  Parmesan Chicken Bake | | Wed.  Leftovers! | | Thurs.  White Beans with Spinach and Sausage | | Fri.  Chicken Taquitos |