Grocery List- Week 16

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| Produce  -1 cup green onions  -2 jalapenos, seeded and chopped\*  -2 cloves garlic  -2 roma tomatoes  -1/3 cup chopped cilantro  -3 TBSP lime juice  -3 med avocados  -1/3 cup minced flat-leaf parsley  Diced tomatoes\*  Green onions\*  Cilantro\*  Lettuce\*  Diced Avocados\* | | Bread  -6 slices white bread (I will use soft wheat) | | Meat  -1.5 lbs chicken breasts  - 1 lb chicken breast  - 2 lbs ground beef (lean for me)  - 10 slices thin bacon ( I will use Turkey)  -1 lb chicken breast | | Dairy  -Monterey shredded cheese\*  - Sour cream\* (I’ll use Greek yogurt)  - 1.5 cups shredded Colby jack cheese  -1 cup whole milk (I will use what I have)  -1 heaping cup fresh parmesan cheese  -4 whole eggs  -1 cup shredded cheddar (I will use what I have)  Sour cream\* (G.Yogurt for me) | |
| Baby/Beauty | | Drinks | | Paper Products | | Snacks/Cereal  -tortilla chips\*  -Tortilla strips\* | |
| Baking  -1/2 ts ground cumin  -3 ts onion powder  -2 ts garlic powder  -3 ts chili powder  -2 ts cumin  -1 ts kosher salt  -pepper to taste  ¼ ts seasoning salt  ¾ ts salt  -1/3 cup brown sugar  -1 ts dried mustard  -1 ts ground cumin  -1/2 ts dried cilantro | | Canned/Bottled/Boxed  - 4 cans chicken broth  -3 cups chicken broth  -1 15 oz can diced tomatoes  -1 14z can black beans  -2 ¾ cup instant brown rice  -1.5 cups ketchup  -tobasco to taste  -2 cans condensed cream of chicken soup  -1 cup salsa  -1 can black beans | | Frozen  -2 cups frozen corn | | Other | |
| Weekly Menu  Everything with an asterisk (\*) is optional | | | | | | | |
| Mon.  Chicken Avocado Lime Soup | Tue.  Slow Cooker Chicken Burrito Bowl | | Wed.  Leftovers! | | Thurs.  Meatloaf | | Fri.  Chicken Fajita Soup |