Grocery List- Week 16

|  |  |  |  |
| --- | --- | --- | --- |
| 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 parsleyDiced 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 taste¼ ts seasoning salt¾ 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 MenuEverything with an asterisk (\*) is optional |
| Mon.Chicken Avocado Lime Soup  | Tue.Slow Cooker Chicken Burrito Bowl | Wed.Leftovers! | Thurs.Meatloaf |  Fri.Chicken Fajita Soup |