

Week 10 Grocery List

- 2 POUND CHICKEN (1 FOR SESAME CHICKEN, 1 FOR PASTA BAKE)
- SESAME OIL
- MAPLE SYRUP
- 1 HEAD BROCCOLI
- SESAME SEEDS
- 1 BOX BROWN RICE
- 1 BUNDLE KALE
- 1 BUNDLE CELERY
- 1 BUNDLE CARROTS
- 2 SWEET ONION (ONE FOR SOUP, ONE FOR PASTA BAKE)
- 3 16OZ CANS DICED TOMATOES (FOR SOUP & TACO SKILLET)
- 1 15 OZ CAN ITALIAN STYLE DICED TOMATOES
- 2 32 OZ CHICKEN BROTH CANISTERS
- 1 15OZ CAN NORTHERN BEANS
- 1 PACKAGE ORZO PASTA
- WHOLE GRAIN ELBOW MACARONI PASTA
- 18 OZ CAN TOMATO SAUCE
- 2 RED BELL PEPPER (FOR TACO SKILLET & BREAKFAST FOR DINNER)
- 1 PACKAGE FROZEN CORN
- 1 15OZ CAN BLACK BEANS
- 1 15OZ CAN DARK KIDNEY BEANS
- 1 BUNDLE FRESH CILANTRO
- 8 OZ RIGATONI PASTA
- 2 10 OZ PACKAGE FROZEN SPINACH (FOR PASTA BAKE & PIZZAS)
- 18 OZ PHILADELPHIA CHIVE & ONION CREAM CHEESE
- 2 C SHREDDED MOZZARELLA CHEESE (FOR BAKE & BREAKFAST FOR DINNER)
- EGGS
- AVOCADOS
- WHOLE WHEAT TORTILLAS
- 3 RUSSET POTATOES
- 1 PACKAGE OF MINI WHOLE WHEAT PITAS
- 8 OZ PART-SKIM RICOTTA
- 1 BALL FRESH MOZZARELLA

INGREDIENTS ASSUMED ON HAND:

- MINCED GARLIC
- SOY SAUCE
- GINGER
- OLIVE OIL
- SALT/PEPPER
- BAY LEAVES
- GROUND THYME
- GROUND CUMIN
- CHILI POWDER
- GARLIC POWDER
- PAPRIKA
- DRIED OREGANO
- FRUIT (FOR BREAKFAST FOR DINNER)

