

Week 11 Grocery List

- 28 OZ CHICKEN STOCK
- 12 CHICKEN BREASTS (I USE FRESH AND NOT FROZEN IN THE SOUP RECIPE AND USUALLY ONLY COOK IT 4-6 INSTEAD OF 6-8 AS RECIPE SAYS)
- 2 CANS NORTHERN BEANS
- 1 CAN SHOE PEG CORN
- 2 LIMES
- 1 BUNDLE CILANTRO (FOR SOUP & BURRITO BOWLS)
- 5 ROMA TOMATOES
- 1 CAN ARTICHOKE HEARTS
- 1 LARGE BAG MOZZARELLA CHEESE (FOR ITALIAN CHICKEN & PIZZA)
- BUNDLE FRESH BASIL (OR YOU CAN USED DRIED IF HAVE ON HAND)
- 1 PACKAGE WHOLE WHEAT SPAGHETTI PASTA
- 4 LARGE RED PEPPERS
- 1 BOX BROWN RICE (FOR RED PEPPERS & BURRITO BOWLS)
- 1 BUNDLE KALE
- 2 4OZ CANS OF TOMATO SAUCE
- GRATED PARMESAN
- 2 BOXES ANNIE'S ORGANIC WHITE CHEDDAR MAC & CHEESE
- 1 HEAD OF BROCCOLI
- 1 PILLSBURY WHOLE GRAIN ARTISAN CRUST
- 1 BAG SPINACH
- 16 OZ PART SKIM RICOTTA
- 1 BAG FROZEN CORN (FOR BURRITO BOWLS)
- 1 CAN BLACK BEANS (FOR BURRITO BOWLS)
- SALSA
- PLAIN GREEK YOGURT (FOR BURRITO BOWLS & SOUP TOPPING)
- 1 BAG MEXICAN BLEND CHEESE (FOR BURRITO BOWLS)
- 1 AVOCADO (FOR BURRITO BOWLS)

INGREDIENTS ASSUMED ON HAND:

- OREGANO
- SALT/PEPPER
- GARLIC
- SUGAR
- FLOUR
- CUMIN
- CRUSHED RED PEPPER
- OLIVE OIL
- DRIED BASIL
- BUTTER
- 2% MILK

