

Week 12 Grocery List

- 2 POUND CHICKEN CUTLETS (FOR MUSTARD CHICKEN & FAJITAS)
- DIJON MUSTARD
- 1 BOX PANKO BREADCRUMBS
- GRATED PARMESAN CHEESE (FOR BAKED CHICKEN & LASAGNA)
- 5 SWEET POTATOES (4 FOR MUSTARD CHICKEN SIDE AND 1 FOR FRITTATA)
- 1 HEAD BROCCOLI
- 2 SWEET ONIONS
- 1 BUNDLE CARROTS
- 6 C CHICKEN BROTH
- 8 OZ CHEESE TORTELLINI (FRESH OR FROZEN)
- 1 BUNDLE PARSLEY (FOR SOUP & FRITTATA)
- GROUND OR FRESH ROSEMARY
- EGGS (FOR FRITTATA & LASAGNA ROLL UPS)
- 2 ZUCCHINIS
- 1 RED BELL PEPPER
- DELI TURKEY
- SWISS CHEESE SLICES
- WHOLE GRAIN BREAD
- FAVORITE JAM/PRESERVES
- 1 PACKAGE WHOLE WHEAT TORTILLAS
- 2 GREEN BELL PEPPERS
- 1 PACKET DRY FAJITA SEASONING
- 1 JAR SALSA
- SOUR CREAM (FOR FAJITA TOPPING)
- 1 PACKAGE LASAGNA NOODLES
- 14 OZ SHREDDED MOZZARELLA CHEESE
- 16 OZ OF PART SKIM RICOTTA
- 4 ROMA TOMATOES
- 1 JAR MARINARA

INGREDIENTS ASSUMED ON HAND:

- MINCED GARLIC
- DRIED PARSLEY
- OREGANO
- SALT/PEPPER
- DRIED THYME
- OLIVE OIL
- BAY LEAVES
- FRUIT (FOR SANDWICH & FRITTATA SIDE)
- BUTTER
- DRIED BASIL

