

Week 1 Grocery List

- 1 LARGE SPAGHETTI SQUASH
- 2 MEDIUM ZUCCHINI SQUASH
- 1 JAR MARINARA
- 2 BAGS (YOU NEED 3 CUPS) MOZZARELLA CHEESE
- 1 WHEEL OF BRIE CHEESE
- 2 RIPE PEARS
- MAPLE SYRUP
- SPINACH (FOR PEAR SANDWICH & I USE IN BREAKFAST BURRITOS INSTEAD OF ARUGULA)
- 2 CANS BLACK BEANS (FOR BREAKFAST BURRITOS & TACO SKILLET)
- 1 LIME
- EGGS
- 1 BAG WHOLE WHEAT TORTILLAS
- 1 AVOCADO
- COTIJA CHEESE
- SALSA
- 4 CHICKEN CULETS (ABOUT 1 POUND OF CHICKEN)
- DIJON MUSTARD
- 1 BOX PANKO BREADCRUMBS
- 1 BOTTLE GRATED PARMESAN CHEESE
- DRIED PARSLEY FLAKES
- SWEET POTATOES (TO SERVE WITH MUSTARD CHICKEN)
- WHOLE GRAIN ELBOW MACARONI
- 1 CAN 14.5 OZ DICED TOMATOES
- 18 OZ CAN TOMATO SAUCE
- 1 RED BELL PEPPER
- 1 BAG FROZEN CORN
- 1 CAN DARK KIDNEY BEANS
- 1 BUNDLE FRESH CILANTRO
- 12 OZ FLUID THIN NOODLES
- SOY SAUCE
- RICE VINEGAR
- SESAME OIL
- 4 WHOLE GREEN ONIONS
- 1 HEAD OF BROCCOLI (I ADD STEAMED BROCCOLI TO SESAME NOODLES)
- HOT CHILI OIL (OPTIONAL FOR SESAME NOODLES)

INGREDIENTS ASSUMED ON HAND:

- OREGANO
- BASIL
- WHOLE GRAIN BREAD
- CINNAMON
- CUMIN
- PAPRIKA
- MILK
- SALT/PEPPER
- OLIVE OIL
- MINCED GARLIC
- DRIED THYME
- CHILI POWDER
- GARLIC POWDER
- SUGAR
- CANOLA OIL

