

Week 2 Grocery List

- 1 PACKAGE WHOLE WHEAT TORTILLAS
- 1 BAG SHREDDED MOZZARELLA CHEESE
- 1 CAN BLACK BEANS
- 1 LIME
- 1 BUNDLE FRESH CILANTRO (FOR QUESADILLAS & PASTA)
- 16 OZ TRATTOLE PASTA (OR RIGATONI IF YOU CANT FIND)
- 16 OZ LOW FAT RICOTTA CHEESE
- 3 LEMONS (FOR PASTA & COUS COUS SALAD)
- GRATED PARMESAN CHEESE
- 2 ½ POUNDS CHICKEN CUTLETS (FOR LEMON PASTA, SESAME CHICKEN & COUS COUS SALAD)
- 2 POUNDS GROUND TURKEY
- 10 OUNCES FROZEN SPINACH
- 1 MEDIUM ONION
- 6 OZ MUSHROOMS DICED
- 2 CARROTS.
- 5 EGGS (FOR MEATLOAVES & ZUCCHINI PATTIES)
- 1/3 C FLOUR
- SESAME OIL
- MAPLE SYRUP
- 1 HEAD BROCCOLI
- BROWN RICE
- 4 SWEET POTATOES (TO SERVE WITH MEATLOAVES)
- 1 15 OZ CAN CHICK PEAS
- 1 C PLAIN BREADCRUMBS
- SMALL RED ONION
- WHOLE WHEAT PITAS
- 1 C LOW FAT GREEK YOGURT
- SPINACH (FOR ZUCCHINI PATTIES)

INGREDIENTS ASSUMED ON HAND:

- MINCED GARLIC
- SALT/PEPPER
- OLIVE OIL
- ONION POWDER
- GARLIC POWDER
- DRIED THYME
- GRATED NUTMEG
- SOY SAUCE
- GROUND GINGER
- DRIED BASIL

