

Week 3 Grocery List

- 1 PILLSBURY WHOLE WHEAT ARTISAN CRUST
- 1 JAR MARINARA
- 1 POUND SWEET ITALIAN SAUSAGE (YOU ONLY NEED 6 TBS SO YOU WILL HAVE LEFTOVERS FOR OMELETS, ETC)
- 1 BUNDLE KALE
- 1 BAG SHREDDED MOZZARELLA
- 2 BOXES ANNIES ORGANIC WHITE CHEDDAR MAC & CHEESE
- 1 HEAD BROCCOLI
- 4 CANS BLACK BEANS
- 1 CAN CORN
- 2 C CHICKEN BROTH
- 1 POUND GROUND BEEF (I OMIT THIS FROM THE SOUP RECIPE SO UP TO YOU)
- 1 JAR SALSA
- TOPPINGS FOR SOUP (AVOCADO, GRATED CHEDDAR, TOMATOES, BLACK OLIVES, SOUR CREAM, CRUSHED TORTILLA CHIPS)
- 15 POUNDS GROUND LEAN TURKEY
- SMALL ONION
- 1 BELL PEPPER
- 4 OZ CAN TOMATO SAUCE
- 8 LARGE LETTUCE LEAVES FROM ICEBERG LETTUCE HEAD
- 1 MEDIUM RIPE AVOCADO
- 1 LEMON
- 1 PACKAGE WHOLE WHEAT SPAGHETTI PASTA
- FRESH BASIL (FOR AVOCADO PASTA - I JUST USE DRIED SO YOU CAN OMIT THIS)
- ½ C PECANS
- FETA
- 6 C WINTER SALAD GREENS (SPINACH, SPRING MIX, ETC)
- 1 SMALL/MED BUTTERNUT SQUASH
- MAPLE SYRUP
- DIJON MUSTARD
- RED WINE VINEGAR
- BALSAMIC VINEGAR
- RUSSET POTATOES (FOR SERVING WITH SALAD)

INGREDIENTS ASSUMED ON HAND:

- DRIED OREGANO
- DRIED BASIL
- GARLIC POWDER
- CUMIN
- SALT/PEPPER
- CHILI POWDER
- PAPRIKA
- GARLIC MINCED
- OLIVE OIL
- CINNAMON
- PUMPKIN PIE SPICE
- BROWN SUGAR
- HONEY

