

Week 4 Grocery List

- 1 PILLSBURY WHOLE WHEAT ARTISAN CRUST
- 1 LARGE BAG SHREDDED MOZZARELLA CHEESE (FOR PIZZA & SHELLS)
- 2 ½ C SPINACH LEAVES (FOR PIZZA & SHELLS)
- 32 OZ LOW FAT RICOTTA (FOR PIZZA & SHELLS)
- 1 POUND BONELESS SKINLESS TILAPIA FILETS (I JUST BUY FROZEN BAG)
- 1 C SOUR CREAM
- 2 C SALSA (FOR TACOS & LATIN CHICKEN)
- 12 CORN TORTILLAS
- 1 ½ C SHREDDED CABBAGE
- GARNISHES FOR TACOS: CHEESE, CILANTRO, AVOCADOS
- 2 LIMES (FOR TACOS & LATIN CHICKEN)
- 3 C CHICKEN BROTH (FOR SKILLET & LATIN CHICKEN)
- 1 C QUINOA
- 1 SMALL ZUCCHINI
- FROZEN CORN (I USE INSTEAD OF EARS OF CORN FOR FARMER'S SKILLET)
- 2 GREEN ONIONS
- 1 TOMATO
- FETA
- FRESH BASIL
- 1 LEMON
- 3 POUNDS CHICKEN BREASTS
- SMOKED PAPRIKA
- 2 CANS BLACK BEANS
- 1 POUND SWEET POTATOES
- 1 POUND PURPLE POTATOES (USE SWEET POTATOES IF YOU CANT FIND)
- 1 BUNDLE FRESH CILANTRO
- 12 OZ BOX JUMBO PASTA SHELLS
- 1 JAR PASTA SAUCE
- EGG (FOR SHELLS & BREAKFAST FOR DINNER)
- GRATED PARMESAN
- WHOLE WHEAT PANCAKE MIX
- FRUIT (TO SERVE WITH PANCAKES)

INGREDIENTS ASSUMED ON HAND:

- OLIVE OIL
- MINCED GARLIC
- DRIED OREGANO
- DRIED BASIL
- HONEY
- CUMIN
- ALL SPICE
- SALT/PEPPER

