

Week 5 Grocery List

- 1 POUND CHUCK ROAST (I LIKE SIMPLE TRUTH'S ORGANIC GRASS-FED IF YOU HAVE A KROGER)
- 1 ¾ C BABY CARROTS
- 2 CANS STEWED TOMATOES
- 2 RUSSET POTATOES
- BUNDLE OF FRESH CILANTRO (FOR POT ROAST GARNISH AND MEXICAN BOWLS & LEMON CHICKEN BOWLS)
- 2 BOXES BROWN RICE (YOU WILL NEED ENOUGH FOR STUFFED PEPPERS, MEXICAN BOWLS & LEMON CHICKEN RICE)
- FROZEN CORN
- 1 CAN BLACK BEANS
- 1 JAR SALSA
- 1 BAG MEXICAN SHREDDED CHEESE
- LIGHT SOUR CREAM (FOR MEXICAN BOWLS)
- 1 AVOCADO
- 24 HAWAIIAN SWEET ROLLS
- 1 POUND DELI HAM
- 1 POUND DELI SWISS
- 1 TSP POPPY SEEDS
- DIJON MUSTARD
- DRIED MINCED ONIONS
- WORCESTERSHIRE SAUCE
- FRUIT (FOR HAM SANDWICH SIDE)
- FRESH GREEN BEANS (FOR HAM SANDWICH SIDE)
- 1 SMALL YELLOW ONION
- 1 CARROT
- 2 STALKS CELERY
- 1 SMALL SWEET POTATO
- 1 15 OZ CAN DICED TOMATOES
- 6-7 C OF VEGETABLE BROTH
- 1 C DRY SMALL PASTA (I LIKE MINI BOWTIES)
- FRESH ROSEMARY
- 1 CAN CANNELLINI BEANS
- 1 CAN KIDNEY BEANS
- CRUSTY BREAD (FOR SOUP)
- 4 LARGE RED PEPPERS
- 1 BUNDLE KALE
- 2 4 OZ CANS OF TOMATO SAUCE
- GRATED PARMESAN
- 16 OZ LOW SODIUM CHICKEN BROTH
- EARTH BALANCE BUTTERY SPREAD OR REGULAR BUTTER
- 1 LEMON
- 1 POUND CHICKEN

INGREDIENTS ASSUMED ON HAND:

- SALT/PEPPER
- BUTTER (FOR HAM SANDWICHES)
- OLIVE OIL
- DRIED OREGANO
- DRIED THYME
- MINCED GARLIC
- DRIED BASIL
- RED PEPPER FLAKES

