

Week 6 Grocery List

- 1 BUNDLE OF CILANTRO
- 2 LIMES
- 1 PACKAGE OF WHOLE WHEAT QUESADILLAS
- 1 CAN OF BLACK BEANS
- 1 LARGE (OR 2 REGULAR) PACKAGE SHREDDED ITALIAN CHEESE MIX (USE THIS FOR QUESADILLAS, ASPARAGUS BAKE & CALZONES)
- 1 BUTTERNUT SQUASH
- 1 BOX WHOLE GRAIN ELBOW MACARONI
- 2 ONIONS
- 1 BUNDLE ASPARAGUS
- 1 BUNDLE OF CARROTS
- 6 C REDUCED SODIUM CHICKEN BROTH (USUALLY 2 CARTONS OF BROTH)
- 2 MEDIUM POTATOES
- 15 POUNDS OF CHICKEN
- 16OZ FAT-FREE HALF & HALF
- 1 CAN PLAIN BREADCRUMBS
- 1 SMALL HEAD CAULIFLOWER
- 1 JAR SPAGHETTI SAUCE
- 1 LARGE SPAGHETTI SQUASH
- 1 BAG OF FROZEN BROCCOLI FLORETS
- SHREDDED PARMESAN
- 1 C WILD RICE
- 1 POUND DELI TURKEY
- SLICED SWISS CHEESE
- SLICED WHOLE WHEAT BREAD
- 1 BAG BABY SPINACH

INGREDIENTS ASSUMED ON HAND:

- BUTTER
- OLIVE OIL
- GARLIC
- FLOUR
- SALT
- PEPPER
- 2% MILK
- DRIED SAGE
- DRIED OREGANO
- EGGS
- FRUIT
- CHIPS

