

# Week 7 Grocery List

- 5 BELL PEPPERS (YOU CAN USE ALL DIFFERENT COLORS OR SAME - USED FOR PIZZA BREAD & BURRITOS)
- 16 OZ MUSHROOMS
- 1 JAR PIZZA SAUCE
- 1 PACKAGE SHREDDED MOZZARELLA
- 8 CIABATTA LOAVES
- PEPPER JACK & PROVOLONE CHEESE SLICES
- 1 3-4 POUND BONELESS ROAST BEEF (CHUCK OR ROUND ROAST)
- 1 C BEEF BROTH
- BALSAMIC VINEGAR
- WORCESTERSHIRE SAUCE
- SOY SAUCE
- HONEY
- 2 YELLOW ONION (FOR SALAD & BURRITOS)
- 1 CAN BLACK BEANS
- 1 CAN SWEET CORN
- 1 BUNDLE CILANTRO
- 3 LIMES (FOR SALAD & BURRITO)
- 2 CUPS VEGGIE BROTH
- 8 OZ QUINOA
- 1 PACKAGES LARGE WHOLE WHEAT TORTILLAS
- 1 BAG CHEDDAR CHEESE
- EGGS
- BACON
- WHOLE WHEAT PANCAKE MIX
- 4 SWEET POTATOES (FOR BALSAMIC BEEF SIDE & TURKEY & WATERCRESS SALAD)
- BUNDLE FRESH GREEN BEANS (FOR BALSAMIC SIDE)
- GROUND CORIANDER
- FLAT LEAF PARSLEY
- 2 BUNCHES WATERCRESS
- 6 RADISHES
- ICOTIJA OR FETA CHEESE

## INGREDIENTS ASSUMED ON HAND:

- BUTTER
- OLIVE OIL
- LEFTOVER TURKEY
- CRANBERRY SAUCE (LEFTOVER FROM THANKSGIVING)
- GARLIC
- RED PEPPER FLAKES
- CHILI POWDER
- CUMIN
- SALT
- PEPPER
- OREGANO
- SUGAR
- CAYENNE PEPPER

