

Week 9 Grocery List

- 1 16OZ JAR SALSA
- 8OZ SHREDDED CHEDDAR CHEESE
- 1 LARGE BAG SHREDDED MOZZARELLA CHEESE (NEED 4 C FOR EGG CASSEROLE & SQUASH BAKE)
- 3 C (24 OZ) LIGHT SOUR CREAM
- 1 BAG SPINACH
- 1 BUNDLE OF CILANTRO (FOR EGG CASSEROLE & CROCK POT CHICKEN)
- EGGS
- 1 LARGE SPAGHETTI SQUASH
- 2 MEDIUM ZUCCHINI SQUASH
- 1 JAR MARINARA
- 3 POUNDS OF CHICKEN (FOR SOUP & CROCK POT CHICKEN & CASSEROLE)
- 1 144 OZ DICED TOMATOES W/ MILD CHILIES
- 1 15 OZ CAN BLACK BEANS
- 8 OZ FROZEN CORN
- 10.5 C OF CHICKEN BROTH (3 32 OZ BOXES)
- 3 SCALLIONS
- 1 BUNDLE CARROTS
- 1 BUNDLE CELERY
- 1 ONION
- 1 BUNDLE KALE
- 1 LARGE SWEET POTATO
- 1 LARGE RUSSET POTATO
- 8 OZ OF QUINOA
- GRATED PARMESAN CHEESE
- 1 HEAD BROCCOLI
- 1 BOX BROWN RICE
- 1 BOX CORNFLAKES
- 8OZ SLICED ALMONDS

INGREDIENTS ASSUMED ON HAND:

- DRIED OREGANO
- BUTTER
- FLOUR
- DRIED THYME
- BAY LEAVES
- PARSLEY FLAKES
- GARLIC
- OLIVE OIL
- DRIED BASIL
- GARLIC POWDER
- ONION POWDER
- CUMIN
- CAYENNE PEPPER
- SALT
- PEPPER

