

Grocery Shopping List Plan 48

Monday: Chicken enchiladas \$17.40	<u>Produce</u> Green bell pepper (1/2) Onion (2 large) Garlic (6 clove) Celery (1 rib) Lemon (1-save for juice and zest) Fresh parsley leaves (2 tablespoons) Sweet potato (1 large) Zucchini (1) Yellow squash (1) Fresh broccoli (1 head) Romaine heart (1) Roma tomatoes (2)	<u>Bread/Grains</u> Cooked rice (2 ½ cups) Large flour tortillas (16) Medium size shell pasta (8 oz) Hard taco shells (20) Panko bread crumbs (2/3 cup)	<u>Canned Goods</u> Corn (1 can) Black beans (1 can) Pinto beans (16 oz can) Jalapeno peppers (4 oz. or diced green chilies) Red enchilada sauce (4 cups or homemade) Cream of chicken soup (1 can or homemade) Chicken broth (14.5 ounces) Albacore white tuna (5 oz can) Tomato sauce (8 oz can)
Tuesday: Tuna noodle casserole \$6.36		<u>Meat</u> Cooked chicken (3 cups) Chicken pieces (thighs, breasts, wings, etc. with skin on- 2 ½ lbs.) Ground beef (1 lb) Ground beef or ground turkey (for meatloaf, 1 ½ lb)	
Wednesday: One pan roast chicken and vegetables \$12.02	<u>Refrigerated</u> Shredded cheese (3 cups mozzarella or Mexican blend) Shredded cheddar (1 ½ cups) Freshly grated parmesan (1 cup) Cream cheese (4 oz.) Butter (9 tablespoons) Milk (1 cup) Egg (1) Frozen peas (3/4 cup)	<u>Pantry Staples</u> All-purpose flour (4 tablespoons) Olive oil (1 tablespoon) BBQ sauce (1 Tablespoon or homemade) Mustard (1 tablespoon) Dijon mustard (2 teaspoons) Light brown sugar (1/3 cup) Ketchup (1/2 cup)	<u>Spices</u> Salt and pepper Dried dill weed Dried rosemary Chili powder Ground cumin Ground coriander Ground nutmeg
Thursday: Baked tacos \$13.55			
Friday: Light, Mini Meatloaf \$9.62			<u>Other</u> Ritz crackers (1/2 cup) Salsa and sour cream (optional for taco topping)

Weekly Total: \$58.95