

Grocery Shopping List Week #4

Monday: Slow cooker chicken tacos \$4.67	<u>Produce</u> Fresh lime juice (3 tsp) Fresh basil leaves (1 ¼ cup) Cherry tomatoes (1 cup) Red bell pepper (1/2) Green onion (1) Corn (1 cups fresh or frozen) Garlic (3 cloves) Baby spinach leaves (1 ½ cups)	<u>Refrigerated</u> Freshly grated parmesan cheese 2 cups) Butter (5 Tablespoons) Egg (1 large) Cottage cheese (1 cup) Fresh mozzarella cheese (4 oz) Freshly shredded cheddar cheese (1 ½ cups) Sour cream (1/2 cup) Cheese tortellini's (20 oz-refrigerated) Milk (1 ½ cups) Heavy whipping cream (1/2 cup)	<u>Spices</u> Chili powder Onion powder Garlic powder Paprika Dried oregano leaves Cumin Dried parsley flakes Salt and pepper Crushed red pepper flakes
Tuesday: Spaghetti pie \$4.41			
Wednesday: Pesto chicken flatbread \$8.79			
Thursday: Tortellini Soup \$8.02	<u>Bread/Grains</u> Spaghetti noodles (8 oz) Flatbread (2 large) Cooked rice (1 cup) Flour tortillas (6-8)		
Friday: Crispy southwest wrap \$11.82	<u>Pantry Staples</u> Olive oil (2 Tablespoons) Balsamic vinegar All-purpose flour (3 Tablespoons)	<u>Meat</u> Boneless, skinless chicken breasts (1 lb.) Cooked chicken (1/2 cup) Ground beef (1 lb)	<u>Cans and Jars</u> Chicken broth (1-14.5oz cans) Marinara pasta sauce (24oz jars or homemade) Pesto sauce (1 tablespoon) Black beans (15 oz can) Petite diced tomatoes (15 oz can)
			<u>Other</u> Italian salad dressing (1/3 cup)
Weekly Total- \$37.71			