

# Grocery Shopping List Week #5

Monday: <a href="#">Baked Creamy Chicken Taquitos</a> \$6.70	<u>Produce</u> Baby spinach leaves (1 cup) Fresh broccoli (1 ½ cups) Garlic (7 cloves)	<u>Bread/Grains</u> Large flour tortillas (8-10) Hoagies or sub rolls (5) Jumbo shell pasta (12 oz)	<u>Spices</u> Cumin Garlic powder Chili powder Dried parsley flakes Paprika Onion powder Dried oregano leaves Dried dill weed Dried basil Garlic salt Crushed red pepper flakes Salt and pepper
Tuesday: <a href="#">Meatball Subs</a> \$13.78	<u>Pantry Staples</u> All-purpose flour (¾ cups) Sugar (1 tsp) Chicken bouillon cubes (2)	<u>Canned Goods</u> Beef broth (2 ¼ cups) Crushed tomatoes (2-28 oz. cans) Diced green chilies (4 oz) Kidney beans (15 oz. can) Black beans (15 oz. can) Corn (17 oz. can) Cream of mushroom soup (10.5 oz. or <a href="#">homemade</a> ) Cream of chicken soup (10.5 oz. or <a href="#">homemade</a> )	
Wednesday: <a href="#">Slow Cooker Creamy Ranch Pork Chops</a> \$10.44	<u>Refrigerated</u> Cream cheese (6 oz) Sour cream (¼ cup) Shredded cheddar cheese (1 cup) Provolone cheese (10 slices) Freshly grated parmesan cheese (2/3 cup) Shredded mozzarella cheese (¾ cup) Egg (3 large) Milk (1 cup) Butter (3 tablespoons unsalted) Heavy whipping cream (1 cup) Whole milk (1 ¼ cups)	<u>Meat</u> Cooked chicken (4 ½ cups- rotisserie works great) Ground beef (2 lbs.) Pork chops (4-6)	<u>Other</u> Salsa (¼ cup your favorite kind) Saltine crackers (½ cup) Taco soup toppings (tortilla chips/fritos, cheese, avocado, hot sauce, etc.)
Thursday: <a href="#">Taco Soup</a> \$10.07			
Friday: <a href="#">Chicken and Broccoli Alfredo Stuffed Shells</a> \$13.37			
<b>Weekly Total- \$54.36</b>			