

# week one Shopping List

## meat

- ☐ 1 lb of ground turkey
- ☐ 1lb. Italian Sausage or Ground Beef or Ground Turkey
- ☐ 4 chicken breasts
- ☐ 1 (3-4 pound) chuck roasts
- ☐ 1 lb. poached chicken breasts
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## dairy

- ☐ Whipping Cream
- ☐ Parmesan cheese
- ☐ 3 eggs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## spices

- ☐ Garlic powder
- ☐ Oregano
- ☐ Crushed red pepper flakes
- ☐ Cumin

## bread, pasta AND rice

- ☐ 1 package slider buns
- ☐ Spaghetti Noodles
- ☐ 1 bag of yellow rice
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## produce

- ☐ 1 small red onion
- ☐ 1 regular onion
- ☐ 1-2 ripe avocados
- ☐ 3-4 carrots
- ☐ 2 potatoes (regular or sweet)
- ☐ 1 red pepper
- ☐ 1 green pepper
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## pantry staples

- ☐ Dijon mustard
- ☐ Honey mustard
- ☐ 1 container Panko bread crumbs
- ☐ 1 can tomatoes (crushed or petite diced) with onion
- ☐ 32. oz chicken or vegetable broth
- ☐ 1 can cream of celery soup
- ☐ 1 can cream of mushroom soup
- ☐ 1 cups chicken broth
- ☐ Red wine
- ☐ 1 10oz can of Rotel tomatoes
- ☐ 1 (1 ounce) packages of dry onion soup mix
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_