

week three Shopping List

meat

- ☐ 2 lb. ground turkey or beef
- ☐ 1 ½ lbs chicken drumsticks
- ☐ 2 lbs flank steak or London broil
- ☐ 1 lb chicken breasts
- ☐ _____

dairy

- ☐ 8 oz cream cheese block
- ☐ 16 oz sour cream
- ☐ 1c shredded cheddar cheese
- ☐ 1 container Greek yogurt
- ☐ 1 package shredded mexi-blend cheese*

bread, pasta AND rice

- ☐ Egg noodles
- ☐ 1 package corn or flour tortillas
- ☐ Panko bread crumbs
- ☐ _____

produce

- ☐ 2 bulbs of garlic
- ☐ 2 limes
- ☐ 5 scallions
- ☐ 1 lemon
- ☐ 2 onions
- ☐ 1 bell pepper
- ☐ 1 avocado*
- ☐ 1 -2 tomato*
- ☐ _____
- ☐ _____
- ☐ _____

spices

- ☐ Oregano (dried)
- ☐ Cilantro (preferably fresh)
- ☐ Cumin
- ☐ Chili Powder
- ☐ Bay leaf
- ☐ Sugar
- ☐ Red pepper
- ☐ Salt & Pepper

pantry staples

- ☐ 16oz tomato sauce
- ☐ 1 container of mild salsa
- ☐ 1 can rotel
- ☐ Mayo
- ☐ Can chopped chipotle chiles in adobo (Mexi aisle)
- ☐ Worcestershire sauce
- ☐ Ketchup
- ☐ 3 cans white beans
- ☐ 1 can fiesta corn
- ☐ 1 container chicken broth
- ☐ Olive oil
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

* These are for toppings on the steak tacos, choose whatever your family prefers, these are just typically favorites!