

# week four Shopping List

## meat

- ☐ 2-2 ½ lbs boneless skinless chicken breasts
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## dairy

- ☐ 2 package of shredded mozzarella cheese
- ☐ 1 8oz container sour cream
- ☐ Butter
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## bread, pasta AND rice

- ☐ 1 can refrigerated biscuits
- ☐ 1 package tostados
- ☐ 1 box penne pasta
- ☐ 1 box oven ready lasagna noodles

## produce

- ☐ 2-3 peppers (red, yellow or green mix)
- ☐ 2 red onion
- ☐ 2 containers grape tomatoes
- ☐ 1 bulb garlic
- ☐ Spinach (fresh not frozen)
- ☐ 1 packages of frozen mixed cauliflower, broccoli and carrots
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## spices

- ☐ 1 package fajita seasoning
- ☐ Fresh basil
- ☐ Poppy seeds
- ☐ Garlic powder
- ☐ Oregano (dried)
- ☐ Salt & Pepper
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## pantry staples

- ☐ 1 jar of pizza sauce
- ☐ 1 16 oz container of salsa
- ☐ 1 can refried beans
- ☐ Olive oil
- ☐ 1 can cream of chicken soup
- ☐ Ritz crackers
- ☐ 2 jars Alfredo sauce
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## frozen AND other

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Please note I've only included base ingredients for the pizzas, if your family likes other toppings be sure to write those in on your list!