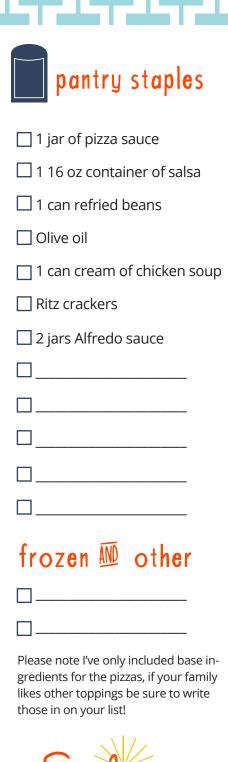
Shopping List

meat
2-2 ½ lbs boneless skinless chicken breasts
dairy
2 package of shredded mozzarella cheese
1 8oz container sour cream
Butter
bread, pasta M 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



Smart Parenting with Purpose