

Shopping List

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PRODUCE

- Green Onions
- Cilantro
- Carrots
- Broccoli
- Zucchini x 3-4 medium
- Cucumber, English
- Kale
- Green/Red Leaf Lettuce
- Garlic
- Cherry Tomatoes x 2
- Basil
- Watermelon
- Yellow Onion x 2
- Red Onion x 1

BAKERY/DELI

- Mozzarella (Fresh, wrapped)
- Parmesan (block or flakes)
- Focaccia (or a box mix)
- Sourdough (sliced)
- Deli Sliced Turkey or Chicken
- Deli Sliced Cheese (you choose)

MEAT

- Chicken Breast (1 lb.)
- Chicken Tenders (1 lb.)
- Beef Short Ribs (1-2 lbs.)

CENTER AISLES

- Mayonnaise
- Basmati Rice
- Soyaki Sauce
- Pasta (1 16 oz. box)
- Mac & Cheese
- Tortillas/Taco Shells (you choose)
- Panko Bread Crumbs

DAIRY

- Cheddar Cheese Block (8 oz.)
- Milk
- Butter
- Sour Cream (light)

FROZEN/OTHER

- French Fries

tear or cut here

dinner MENU

CRISPY ASIAN CHICKEN

with soyaki Sauce, Basmati Rice & Roasted Carrots

1

PASTA W/CHECCA SAUCE

Roasted Broccoli Grilled Focaccia Sticks

2

TURKEY SANDWICHES

Oven Fries Watermelon

3

CHICKEN TENDERS

Macaroni & Cheese Tangy Kale Salad

4

SHORT RIB TACOS

Zucchini Saute Cilantro Rice Pilaf

5

6

7

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