

# Grocery list Week 11

## Produce

- SALAD KIT WITH VINAIGRETTE STYLE DRESSING
- GREEN ONION (OR JUST USE SEASONING)
- LARGE BUNCH OF CELERY, OR BAG OF MINI PEPPERS OR 3 CUCUMBERS TO USE IN 3 DIFFERENT RECIPES
- GRAPES, OR APPLES (TO PUT IN GREEK YOGURT CHICKEN SALAD RECIPE)
- 2 AVOCADOS -SOFT ENOUGH TO BARELY PUSH INTO MEANS IT IS READY (STORE IN FRIDGE AFTER PURCHASE!!)
- LEMON OR LEMON JUICE OR TRUE LEMON PACKETS IN BAKING AISLE AT WALMART

## Cooler/ freezer section

- 1-2 STEAMER VEGGIE BAGS -I USED A PRE-SAUCE BAG CALLED GARLIC BUTTER GREEN BEANS AND POTATOES
- 1-2 STEAMER VEGGIE BAGS WITH JUST NON- STARCHY VEGGIES (BROCCOLI, ASPARAGUS, GREEN BEANS, CARROTS, CAULIFLOWER ECT)
- AT LEAST 20-OZ OF PRE- COOKED CHICKEN, I USED FROZEN VARIETY BUT CAN ALSO USE ROTISSERIE OR CANNED!!
- 2 STEAMER BAGS OF VEGGIE PASTA MAC & CHEESE -MADE WITH LENTILS & ZUCCHINI
- FROZEN MIXED BERRIES OR TROPICAL FRUIT IF WANTING EXTRA FLAVOR IN OVERNIGHT OATS RECIPE
- 1/2 LB IMITATION OR REAL CRAB MEAT (OR ANOTHER 2 PACKS OF SALMON OR TUNA IF YOU DON'T LIKE CRAB)

## Dairy & eggs

- 12 OZ PLAIN GREEK YOGURT
- 8-12 OZ BERRY OR FRUIT FLAVORED GREEK YOGURT- OIKOS, HAPPY FARMS, GREAT VALUE LIGHT, DANNON LIGHT AND FIT ECT
- MILK OR ALTERNATIVE LIKE ALMOND MILK
- MOZZARELLA CHEESE
- 8OZ COTTAGE CHEESE
- EGGS OR EGG BEATERS

## Canned/ Dry goods

- 3 PACKS OF PRE-SEASONED TUNA OR SALMON PACKETS
- BOX OF CHICKPEA OR LENTIL MAC AND CHEESE
- FLOUR TORTILLA OR WHOLE GRAIN CRACKERS LIKE TRISCUITS OR WHEAT THINS (TO PAIR WITH GREEK YOGURT & CHICKEN SALAD IF NOT WANTING TO PUT IN LETTUCE WRAP)
- WHOLE GRAIN BREAD LIKE DAVE'S KILLER BREAD
- CHIA OR GROUND FLAX SEED (IN THE BAKING AISLE!)
- STEVIA PACKETS
- DARK CHOCOLATE CHIPS (LOOK FOR ONE WITH 5G OR LESS OF ADDED SUGAR/SERVING)
- QUICK OATS
- LARGE JAR OF NATURAL PEANUT BUTTER
- WALNUTS
- VANILLA OR CHOCOLATE PROTEIN POWDER IF DESIRED (PICK ONE WITH 5G OR LESS OF ADDED SUGAR/SERVING)
- MUSTARD & SIRACHA (OR PACKETS FROM RESTAURANT OR TRUCK STOP)
- SALT & PEPPER (OR SEASONING BLEND LISTED BELOW)
- MRS. DASH ONION & HERB BLEND AS WELL AS MRS. DASH EVERYTHING BAGEL SEASONING
- WAX OR PARCHMENT PAPER -FOR EASY CLEANUP!