

GROCERY LIST #3

BAKERY

Flour tortillas

DAIRY SECTION

Feta cheese or other cheese

Sour cream

Shredded cheddar cheese

Eggs

PRODUCE

Carrots

Onions

Asparagus

Button mushrooms

Fridge salad veggies for 3 days

Garlic

Lemons

Red bell peppers (for 3 recipes)

Small red potatoes

PANTRY

Black pepper

Salt

Olive oil

Cayenne

Pantry Continued

Chili powder

Pantry Continued

Cumin

Dried dill

Dried thyme

All-purpose flour

Garlic powder

Salad dressing (Italian or other)

Panko breadcrumbs

Worcestershire sauce

Low sodium beef stock

Salsa

Dijon mustard

Canned beans

Egg noodles

Rice

MEAT

Whole chicken

Chicken breast cutlets or breasts

Chicken breasts

Chuck roast