

GROCERY LIST #12

BAKERY

Hoagie rolls

DAIRY/COLD SECTION

Cheddar cheese

Eggs

Parmesan cheese

Fresh pasta

Butter

Shredded mozzarella

Sliced white American cheese

PRODUCE

Green onion (for 2 days)

Avocado

Cilantro

Onion (for 2 days)

Garlic

Fresh ginger

Red bell pepper

Whole cauliflower (for 2 days)

Flat-leaf parsley

Zucchini (for 2 days)

Tomato

Green bell pepper

Mushrooms

PANTRY

Low-sodium chicken stock (for 2 days)

Canned (28 oz) petite diced tomatoes

Medium-heat low-sodium salsa

Low-sodium canned black beans

Tortilla chips

Soy sauce

Hoisin sauce

Brown sugar

Corn starch

Vegetable oil

Dried red chilies

Dry roasted peanuts

Sesame oil

Long-grain white rice

All-purpose flour

Salt

Pepper

Garlic powder

Unseasoned breadcrumbs

Tomato sauce

Cooking oil

MEAT/PROTEIN

Chicken breast cutlets (uncooked, unbreaded)

Large shrimp, peeled and deveined, no tail

Boneless skinless chicken breasts

Ribeye Steak