

{ Grocery List }

week of: Jan 15, 2017

produce

- Fusilli or penne pasta - 1#
- whole lemon - 1
- fresh spinach - 2 cups
- large onion - 1
- celery stalks - 3
- avocado - 1 medium
- baking potatoes - 4 large
- assorted veggies - 2#

pantry

- Fusilli or penne pasta - 1#
- chopped garlic - 2 tbsp
- chicken broth - 3 cups
- stewed tomatoes - 28 oz can
- extra virgin olive oil
- worcestershire sauce - 1 tbsp

dairy

- whole milk ricotta - 2 cups
- parmesan cheese - 1 cup

meat

- chicken breast - 2#
- cooked rotisserie chicken
- cooked andouille sausage - 24 oz
- ground turkey, 1#
- bacon - 4 slices

spices

- garlic powder - 4 tbsp
- onion powder - 1 tbsp
- Cajun seasoning
- salt + pepper

frozen

- frozen sliced okra - 24 oz

notes + other items:
