

{ Grocery List }

week of: Feb 05, 2017

produce

- 3# broccoli florets
- 3 large zucchini
- 3 red, orange, or yellow bell peppers
- handful of spinach
- 2 medium onions
- 4 tbsp garlic

meat

- 24 oz fully cooked chicken sausage
- 12 slices bacon
- 2# ground turkey

pantry

- extra virgin olive oil
- salt and pepper
- 2 cups quinoa
- 8 slices sandwich bread
- mayonnaise (for spreading)
- 3 tbsp tomato paste
- 1 28 oz can crushed tomato
- 2 cups chicken stock
- 1/2 cup rolled oats
- 3 tbsp Worcestershire sauce
- 1 cup ketchup

dairy

- 2 tbsp butter
- 1 cup fresh parmesan
- 1/2 cup whole milk
- 1 egg
- 4 slices cheese of choice

spices

- 1 tbsp dried basil

frozen

notes + other items:
