

# { Grocery List }

week of: Feb 12, 2017

## produce

- 2 heads garlic
- 1 cup fresh basil (or sub dry)
- 1 cup fresh Italian parsley
- 3 bell peppers, any color
- 3 white or yellow onions
- fresh salsa (refrigerated)
- 4 large carrots

## pantry

- 2-28 oz crushed tomatoes
- extra virgin olive oil
- salt + pepper
- corn tortillas
- 4 cups beef broth

## dairy

- 2 tbsp butter
- 1.5 cups whole milk ricotta
- 1/2 cup finely grated
- parmesan
- 1 round of queso fresco cheese

## meat

- 2# ground turkey
- 1 large rotisserie chicken
- 3-4# beef chuck roast

## spices

- 1 tbsp dried basil (if not using fresh)
- 2 bay leaves

## frozen

notes + other items:

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