

Grocery List

Produce

1 lb. baby red potatoes
1/2 pound carrots, chopped (or baby carrots)
1 onion

Frozen

1 (14 ounce) pkg. frozen cheese tortellini
1 (10 ounce) pkg. chopped spinach
12 ounces turkey meatballs
1 (12 ounce) bag frozen stir-fry vegetables
1 cup frozen diced onion (or about 1 medium fresh onion)

Refrigerated

1 cup reduced-fat shredded Mexican blend cheese
1 egg

Meat & Seafood

2 lbs. bone-in, skin-on chicken pieces
6 small (or thin-sliced) boneless, skinless chicken breasts (about 24 oz. total)
2 lbs. lean ground beef

Deli

Packaged

4 (15 ounce) cans chicken broth
1 (15 ounce) can Italian-style diced tomatoes
2 (15 ounce) cans black beans
1 1/2 cups enchilada sauce
8 (6-inch) corn tortillas
3/4 cup thick teriyaki sauce (such as Soy Vay Veri Verik Teriyaki)
1 1/2 cups instant white rice
1 (8 ounce) can pineapple chunks
1 slice bread
1/2 cup bread crumbs
2 tablespoons Worcestershire sauce
1/2 cup ketchup
Olive Oil + Cooking Spray + Seasonings: Italian seasoning, minced onion, basil, parsley, minced garlic, thyme, salt and pepper
Disposable pans (loaf pan, 2 13x9 pans, 2-quart); Big Ziploc Bag