

Grocery List

Produce

1 clove garlic
2 cups shredded cabbage (I like to use a bag of coleslaw mix)
4 small zucchinis
Russet or sweet potatoes to bake as a side
Lettuce and salad fixings for 2 dinners

Frozen

1 (14 ounce) package stir-fry vegetables (about 4 cups total)
1/2 cup diced onion (or can sub with fresh onion)

Refrigerated

3 eggs
1/2 cup grated Parmesan cheese
2 cups shredded mozzarella cheese
1 cup shredded cheddar cheese

Meat & Seafood

1/2 lb. boneless, skinless chicken breast
1 lb. extra lean ground beef (I use 96% lean)
15 slices turkey pepperoni

Deli

Packaged

8 ounces wholegrain angel hair pasta
2 teaspoons sesame oil
3 T. chicken broth
3 T. soy sauce
1 T. oyster sauce
1 T. brown sugar or coconut palm sugar
1 teaspoon cornstarch
1 (8 ounce) can sliced bamboo shoots
1/2 cup Panko breadcrumbs (wholewheat or regular)
6 T. ketchup
14 ounces pizza sauce