

Winter Grocery List #39 (does not include side dish suggestions)

*Chili Verde * Tilapia & Tomatoes * Roast Turkey Breast * Crispix Chicken
Puffed Up Pizza*

Produce

2 large onions (*Chili Verde, Puffed Up Pizza*)
garlic (*Chili Verde*)
cilantro (*Chili Verde*)
1 pint cherry or grape tomatoes (*Tilapia & Tomatoes*)
parsley (*Tilapia & Tomatoes*)
lemon juice (*Tilapia & Tomatoes*)
1 Red Apple (*Roast Turkey Breast*)
2 leeks (*Roast Turkey Breast*)
1 green pepper (*Puffed Up Pizza*)

Cereal

Crispix cereal (*Crispix Chicken*)

Meat, Poultry, & Fish

1 lb. lean pork (*Chili Verde*)
4 serving size portions tilapia fillets (or other thin white fish) (*Tilapia & Tomatoes*)
4 thinly sliced chicken (or turkey) cutlets (about 1 lb. Total) (*Crispix Chicken*)
1 bone-in Turkey breast (*Roast Turkey Breast*)
1 lb. lean ground beef (*Puffed Up Pizza*)

Dairy

3 oz reduced fat cheddar cheese (optional) (*Chili Verde*)
Small nonfat buttermilk (*Crispix Chicken*)
skim milk (*Puffed Up Pizza*)
eggs or liquid egg substitute (*Puffed Up Pizza*)
butter (*Roast Turkey Breast*)
4 oz Part-skim mozzarella cheese (*Puffed Up Pizza*)
1 oz Parmesan cheese (*Puffed Up Pizza*)

Baking Aisle

olive oil
flour (*Roast Turkey Breast, Puffed Up Pizza*)

Canned

1(16 oz) can kidney beans (*Chili Verde*)
1 (15 oz) can pinto beans (*Chili Verde*)
1 (15 oz) can chili beans with sauce (*Chili Verde*)
1 (15 oz) can stewed tomatoes (*Chili Verde*)

1 (15 oz) can tomato sauce (*Puffed Up Pizza*)

Condiments

4 oz pitted kalamata olives (*Tilapia & Tomatoes*)

Soups and Packaged Mixes

chicken bouillon granules (*Roast Turkey Breast*)
1 ½-oz. Pkg. Dry spaghetti-sauce mix (*Puffed Up Pizza*)

Spices and seasonings

ground cumin (*Chili Verde*)
Salt (*Tilapia & Tomatoes, Crispix Chicken*)
Pepper (*Tilapia & Tomatoes, Crispix Chicken*)
Rosemary (*Roast Turkey Breast*)

Mexican

16 oz green salsa (*Chili Verde*)