

Spring Grocery List #4 (does not include side dish suggestions)

*Chicken Cordon Bleu * Stuffed Flank Steak * Sesame Flounder *
Bean and Veggie Burritos * French Onion Meatloaf*

Produce

1 bunch green onions (*Stuffed Flank Steak*)
lemon juice (*Sesame Flounder*)
Lime juice (*Bean and Veggie Burritos*)
1 large red bell pepper (*Bean and Veggie Burritos*)
1 large green bell pepper (*Bean and Veggie Burritos*)
1 medium onion (*Bean and Veggie Burritos*)
1 avocado, sliced (*Bean and Veggie Burritos*)
spinach (*Bean and Veggie Burritos*)
cilantro (*Bean and Veggie Burritos*)

Meat, Poultry, & Fish

4 thin chicken (or turkey) cutlets (*Chicken Cordon Bleu*)
4 slices deli style ham (*Chicken Cordon Bleu*)
1 (1½ -2 lbs) flank steak (*Stuffed Flank Steak*)
4 flounder fillets (*Sesame Flounder*)
1 lb lean ground beef (*French Onion Meatloaf*)

Dairy

4 slices reduced fat Swiss cheese (*Chicken Cordon Bleu*)
Reduced fat cheddar cheese (optional) (*Bean and Veggie Burritos*)
Smallest container low fat buttermilk (*Sesame Flounder*)
skim milk (*French Onion Meatloaf*)

Pasta, Rice, & Legumes

brown rice (*Bean and Veggie Burritos*)

Breads and Tortillas

4 large tortillas (*Bean and Veggie Burritos*)
bread (*French Onion Meatloaf*)

Baking Aisle

honey (*Chicken Cordon Bleu*)
plain dry bread crumbs (*Chicken Cordon Bleu, Sesame Flounder*)
Cooking spray (*Chicken Cordon Bleu*)
olive oil

Canned

1 can (4oz) mushrooms (*Stuffed Flank Steak*)

Soups and Packaged Mixes

1 package (6oz) stuffing mix, any flavor (*Stuffed Flank Steak*)
1 envelope dry brown gravy mix (*Stuffed Flank Steak*)
beef bouillon granules (*Stuffed Flank Steak*)
chicken bouillon granules (*Chicken & Mushroom Pasta*)
Dry French onion soup mix (*French Onion Meatloaf*)

Spices and seasonings

salt
pepper
sesame seeds (*Sesame Flounder*)

Condiments

Dijon mustard (*Chicken Cordon Bleu*)
Ketchup (optional) (*French Onion Meatloaf*)

Asian

soy sauce (*Sesame Flounder*)
sesame oil (*Sesame Flounder*)

Mexican

1 can (16 oz) fat-free refried beans (*Bean and Veggie Burritos*)
Salsa (optional) (*Bean and Veggie Burritos*)

Non-Food Items

Toothpicks (*Chicken Cordon Bleu*)