

# SHOPPING LIST

## PRODUCE

- Potatoes (5lb)
- Bell Pepper (x1)
- Roma Tomatoes (x6)
- Onion (x1)
- Lettuce
- Strawberries (1lb)
- Avocado (x1)
- Coleslaw Mix

## DAIRY

- Milk (half gallon)
- Parmesan Cheese (6oz)
- Mozzarella Cheese (8oz)

## MEAT DEPT

- Chicken Breasts (5lb)
- Ground Turkey
- Pepperoni (6oz)

## PANTRY

- BBQ Sauce
- Pineapple Tidbits (8oz)
- Yellow Rice (10oz)
- Ceasar Dressing
- Tuna (12oz can)
- Breadcrumbs
- Hamburger Buns
- Mushrooms (6oz can)
- Cream of Mushroom Soup (10.5oz)
- Spaghetti pasta (16oz)
- White Rice (1lb)
- Tomato Sauce (2-8oz cans)
- Green Beans (28oz)
- Taco Seasoning
- Tortillas (20 ct)

## FROZEN

- Frozen Baby Lima Beans (12oz)
- Frozen Corn (12oz)
- Frozen Peas (12oz)

Assuming you have cooking oil, mayo, mustard, white sugar, vinegar, chicken boullion (or broth), and your favorite seasonings.

## Barbeque Chicken with Succotash & Homemade Potato Chips

(serves 6-8)

### Need:

3 Chicken Breasts  
BBQ Sauce  
3 potatoes  
1 small onion  
1 bell pepper  
Baby Lima Beans (12oz bag)  
Corn (12oz bag)  
2 Roma Tomatoes

1. These chicken breasts tend to be pretty large, so we will cut them in half longwise to have a total of 6 pieces. I like to put all the chicken in a bowl, drizzle with oil and season with salt and pepper.
2. Then grill them for about 5-6 minutes on each side. Baste them with BBQ sauce and cook for another 2 minutes on each side. Let the chicken rest for about 5 minutes.
3. Slice 3 potatoes very thin, drizzle with oil and your favorite seasoning. Bake these in the air fryer at 350 for about 7 minutes, flip them, and do another 5 minutes until crispy!
4. Meanwhile, on the stove with a large skillet, saute your chopped onion and bell pepper in oil for about 4 minutes until tender.
5. Add in frozen corn and lima beans, and keep over medium heat for another 5 minutes.
6. Finally add in your diced tomatoes and cook for 1-2 minutes. (We want to keep the tomatoes firm and cooking too long will turn them into mush.)
7. I like to season this with salt, pepper, garlic powder, and a little dried parsley. You can easily add any seasonings you like!

\*\*\*\*I would go ahead and grill more chicken without BBQ sauce for our other chicken dinner\*\*\*

## Tropical Tacos (serves 6-8)

### Need:

1/2 cup mayo  
2 tbsp white sugar  
1 tbsp vinegar  
Coleslaw/ Cabbage (16oz)  
8 oz can of pineapple tidbits  
Yellow Rice (10oz)  
1lb Ground Turkey  
Taco Seasoning  
Tortillas  
Lettuce  
Tomato

1. In a small bowl, combine mayo, white sugar, vinegar, and 2 tbsp of pineapple juice. Whisk this until combined and pour over coleslaw mix. Refrigerate for at least 1 hour, it tastes better overnight!
2. Make your yellow rice per directions, usually you just need to add a little oil and water, then boil and simmer for 20 minutes.
3. In a pan, brown your ground turkey. We used the kind with seasoning already in it, but you can easily do regular ground turkey and add your own taco seasoning.
4. We like to make our tacos with some ground turkey at the bottom, top with coleslaw, some pineapple tidbits, and lettuce & tomato.
5. Serve with rice on the side!

## Grilled Chicken Ceasar Wraps with Strawberries

(Serves 6-8)

Need:

Flour Tortillas  
3 Chicken Breasts  
Romaine Lettuce  
Ceasar Dressing  
Parmesan Cheese  
Strawberries

1. I like to keep the chicken simple like we did before and cut it in half lengthwise, then drizzle with oil and salt & pepper. You can grill these or use a George Foreman. (Take about 7-8 minutes on each side)
2. Let chicken rest for 5 minutes before chopping into small pieces or slicing really thin.
3. You can mix your dressing and parmesan cheese with the chopped Romaine lettuce ahead of time, and then just portion it out between wraps. Then top with chicken and roll. (You can keep everything separate if you like too!)
4. Ceasar Dressing can be a little strong so I like to serve this dinner with something sweet like strawberries!

\*\*\*If you want to add more flavor to your chicken you can marinate it in Italian Dressing overnight\*\*\*

\*\*\*If you don't like Ceasar dressing you can easily switch it out to Ranch or another dressing you like. You can also add other veggies to your wrap. Totally make this your own!\*\*\*

## Tuna Burgers with Homestyle Fries (serves 4-6)

Need:

3 potatoes  
oil & seasoning  
Canned Tuna (12oz)  
2 tbsp mayo  
1 tbsp mustard  
1/2 cup Breadcrumbs  
Hamburger Buns  
Avocado  
Lettuce  
Tomato

1. Wash and cut your potatoes into wedges. I place the potatoes into a bowl, drizzle with oil and seasoning. Lately I have been using French fry seasoning, but you can use whatever you like.
2. Place in air fryer at 390 degrees for about 10 minutes, then shake/flip and do another 7-8 minutes. Time will depend on the size and shape of your wedges.
3. Drain and rinse your tuna. (This helps remove any metallic taste)
4. In a large bowl, combine tuna, mayo, mustard, breadcrumbs, and any seasonings you like. We usually go simple and do black pepper, garlic powder, and onion powder.
5. With a fork combine until just moist enough to form patties. I like to make 6 patties, but you can easily make 8 slightly smaller ones.
6. In a skillet, add a little oil and once heated, fry each tuna burger until nice and brown and crisp. This usually take about 5 minutes on each side but will depend on how big the patties are and you may have to do this in batches.
7. Serve patties on buns topped with avocado, lettuce, and tomato!

## Chicken Tetrazzini Pasta with

### Sweet Peas

(serves 6-8)

#### **Need:**

2-3 cooked chicken breasts (diced)  
6oz canned mushrooms  
2 cups water  
1-2 chicken boullion  
Cream of Mushroom Soup (1.5oz can)  
1 cup milk  
1lb Spaghetti Noodles  
Frozen Peas (12oz)

1. Add chicken and canned mushrooms to your slow cooker.
2. In a bowl, mix 2 cups hot water with chicken boullion and can of mushroom soup. Stir to combine, then pour over the chicken and mushrooms. You can add any seasoning you like, I typically add Italian Seasoning, Garlic Powder, and Black Pepper.
3. Cook on low for 4 hours and then add 1 cup of milk and cook for another hour.
4. Meanwhile, boil your spaghetti noodles and drain.
5. Microwave your steam in a bag sweet peas.
6. Serve the chicken and sauce over noodles or mix all together.

\*\*\*We typically serve this with garlic or butter bread, which can easily be made with any leftover hamburger buns!\*\*\*

## Pepperoni Pizza Rice with Green

### Beans

(serves 6-8)

#### **Need:**

1.5 cup rice  
3 cups water  
2 cans tomato sauce (8oz each)  
Pepperoni  
Mozzarella Cheese  
Green Beans (28oz can)

1. In a large skillet, add rice and water. Then bring to a boil and cover. Let the rice simmer on low for about 15 minutes until tender. (This tends to cook a little bit quicker than when you do this in a saucepan because it has more surface area.
2. Stir the rice well, then season the rice with whatever you seasoning you like. I go simple with Italian seasoning and a garlic powder.
3. Pour the tomato sauce on top and spread out with a spoon. Then sprinkle your mozzarella cheese to cover the top. You don't have to use all the cheese, but make sure the top is covered.
4. You can leave your pepperoni whole or chop it up into smaller pieces. Sprinkle this on top of the cheese so it looks like a pizza.
5. Put the lid back on to melt the cheese for another 5 minutes.
6. Serve green beans on the side!

\*\*Just like with any pizza, you can easily add more topping if you like or have leftovers. You may want to add onions, olives, green bell pepper, cooked chicken, cooked bacon, etc. This is a great base to make and add it to however you like!\*\*\*\*