

Grocery Shopping List

#DMBFamilyMeal

Produce

**Taco Garnishes – Pico, lettuce, cheese, etc.

Cilantro
Garlic
Lime Juice
Cauliflower
Kale
Red Onion (3)
Celery

Condiments, Dressings & Oils

Extra Virgin Olive Oil
Balsamic Vinegar
Barbeque Sauce (12 oz.)
Italian Salad Dressing
Worcestershire Sauce
Brianna's Poppyseed dressing
Mayo
Steak Sauce

Meat/Fish/Poultry

12 boneless, skinless chicken breasts
(Additional chicken needed if added to Cauliflower & Kale Orzo)
2 lbs ground beef
1 whole skirt steak or flank steak

Bread/Pasta/Cereal

Flour or Corn Tortillas (*Your Preference*)
Box of Orzo Pasta
Box of Ziti Pasta
Rotini Pasta

Canned Foods, Soups & Mixes

Chicken Broth
1 jar spaghetti sauce
Marinara Sauce
Pizza Crust (*Optional*)

Dairy

Shredded Asiago (*Parmesan or Romano can be substituted*)
Shredded Parmesan (1 cup)
Shredded Mozzarella (20 oz.)
**12 oz. Fresh Mozzarella Cheese, sliced thin (*or use shredded mozzarella*)
Eggs
Butter
Ricotta Cheese (15 oz.)

Baking & Cooking

Cooking Spray
garlic powder
sliced, toasted almonds
Kosher Salt
Brown Sugar
dried cherries
whole almonds (1 cup)

Optional ::

Basic Pizza Crust

Active Dry Yeast
All-Purpose Flour

Goey Butter Cake

Yellow Cake Mix
Cream Cheese (8 oz.)
Vanilla
Powdered Sugar (16 oz.)