

Week 1 Shopping List

Meats:

- 2 pounds lean ground beef
- 30 shrimp
- 4-5 pounds boneless, skinless chicken breasts
- 6-8 ounces of deli ham/turkey/chicken/roast beef
- 3 pounds chuck roast

Dairy/Refrigerated:

- 4 cups shredded cheddar cheese
- 6 ounces of sliced cheese (cheddar or swiss or mozzarella)
- 1 can refrigerated crescent dough
- 8-16 slices provolone

Breads:

- 8-10 flour tortillas, taco size
- 4 hamburger buns
- 8 hoagie rolls
- Seasoned breadcrumbs

Canned Items:

- 2 cans (10 ounces each) red enchilada sauce
- 16 ounces angel hair pasta
- 16 ounces BBQ Sauce
- 2 cans Campbell's French onion soup
- 1 can Beef consommé soup

Other:

- 1 bag tortilla chips
- Butter
- Chopped garlic
- Olive oil
- Lemon juice
- Vegetable oil
- Lemon pepper

Optional:

- Enchilada & nacho toppings - shredded lettuce, diced tomatoes, jalapenos, chopped onions, hot sauce, sour cream, guacamole, olives