

Week 4 Shopping List

Meats:

- 1 whole roasting chicken (3-5 pounds)
- 3-4 pounds boneless skinless chicken breast
- 2 pounds deli turkey
- 1 roll sausage patties (or pre-made patties)
- 1 rack pork baby back ribs
- 1 package pre-cooked chicken slices

Dairy/Refrigerated:

- 2 Tablespoons butter
- 16 slices of cheese, such as cheddar or mozzarella
- 2 cans crescent rolls
- 8 ounces cream cheese
- 8 ounces shredded cheese (cheddar or mozzarella)
- 8 ounces mozzarella cheese
- 4 ounces shredded parmesan cheese

Breads:

- 4 hamburger or hoagie buns
- 4 plain bagels
- 1 package croutons

Canned Items:

- 16-ounce bottle Buffalo Sauce
- 1 jar of alfredo Sauce
- 8 ounces pasta
- 1 bottle BBQ sauce
- 1 bottle Caesar dressing

Other:

- 1 bag or 1 heart of romaine lettuce
- 16 ounces frozen veggies (preferably a steamer bag of California mix which is broccoli, cauliflower, and carrots)
- 2 carrots, chopped into big pieces (or a handful of baby carrots)
- 1-2 Tablespoons dried herbs (Any mix - rosemary, sage, thyme, garlic powder)
- 2 Tablespoons minced garlic
- 3-4 tablespoons grill seasoning or seasoned salt

Optional:

- Ranch or blue cheese dressing (optional)