

Week 5 Shopping List

Meats:

- 4-6 boneless pork loin chops - 3/4 to 1 inch thick
- 6-8 Bratwurst
- 1/2 pound ground beef
- 1/2 package pepperoni
- 2 pounds stew meat
- 4 salmon filets, skin-on (about 6–8 ounces each)
- 3 cups pre-cooked chicken

Dairy/Refrigerated:

- 32 ounces shredded cheddar or mozzarella cheese
- 20 ounces refrigerated cheese tortellini
- 3 cups shredded mozzarella cheese

Breads:

- 6-8 hoagie or brat buns
- 1 cup bread crumbs
- 2 loafs French bread
- 10-12 flour tortillas

Canned Items:

- 1 cup parmesan cheese grated
- 1 can or jar of sauerkraut
- 1 jar spaghetti sauce
- 30 ounces alfredo sauce {2 jars 15 oz. each}
- 6 cups chicken broth
- 2 beef bouillon cubes
- 2 (15-ounce) cans Great Northern beans, drained
- 2 cups salsa verde
- 19 ounce can mild enchilada sauce

Other:

- Garlic powder
- Cumin
- Olive oil
- Canola or vegetable oil
- 1 Lemon

Optional:

- Pizza toppings like black olives, mushrooms, green peppers, etc.