



WEEKLY GROCERY LIST



MONDAY: SHRIMP TACOS

- 1/2 lb of shrimp
- Tomatoes
- Old bay seasoning
- Queso fresca
- Avocado
- Corn tortilla



TUESDAY: BURGERS

- Burger patties
- Avocado
- Sweet potato
- Broccoli
- Onions



WEDNESDAY: GRILLED CHICKEN MARGHERITA

- 1/2 lb of chicken
- Pesto
- Mozzarella cheese
- Tomatoes



THURSDAY: MINISTRONE SOUP

- Onion
- Carrot
- Zucchini
- Beef broth
- Can of crushed tomatoes
- White beans
- Mini pasta



FRIDAY: JERK CHICKEN

- 1/2 lb of chicken
- Jerk seasoning
- Rice
- Black Beans
- Plantains



SATURDAY: SALMON & ASPARAGUS

- Salmon
- Asparagus
- Lemon



SUNDAY: FROZEN PIZZA OR TACO NIGHT AT OUR LOCAL MEXICAN RESTAURANT





WEEKLY GROCERY LIST

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY

SUNDAY





DIRTY DOZEN

Strawberries

Spinach

Kale

Nectarines

Apples

Grapes

Peaches

Cherries

Pears

Tomatoes

Celery

Potatoes

CLEAN FIFTEEN

Avocados

Sweet corn

Pineapple

Frozen Sweet Peas

Onions

Papaya

Cabbage

Eggplant

Asparagus

Kiwi

Mushroom

Broccoli

Honeydew Melon

Cauliflower

Cantaloupe

