

# Shopping List

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Root Beer

- 1 1/2 lb stew beef (or ground)
- 1 pound lean ground beef
- 1 whole chicken
- 1.5 lb chicken cut into cubes (or pork)
- 2 lbs Boneless Skinless Chicken Breasts
- 4 Small Boneless Pork Chops  
(approximately 1 lbs.)

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- 2 cans (or 4 Cups frozen) Corn
- 1 can (or 2 cups frozen bag) of green beans
- 1 can (or 2 cups frozen bag) of sliced carrots
- 1 can refried beans
- 1 Can Black Beans
- 1 can cream of chicken
- 1 can cream of mushroom
- 3 Can Chicken Broth (15 oz.)
- 1 Can (4.25 oz.) Tiny Shrimp

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- 8 oz Shredded Cheddar Jack Cheese
- 1 Package cream cheese
- 7 Eggs
- Orange Juice

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- 1 lb of potatoes
- 2 onion
- 5 Green Onions
- 1/4 cup red onion
- 1 Leek
- 1 Garlic Clove (5 cloves garlic needed)
- 5 cups chopped raw broccoli
- 1 Red Bell Pepper
- 1 Green Bell Pepper
- 2 small apples peeled and cubed
- 2 cups red grapes cut in half
- Lime Juice (or 2 limes)
- Sunflower Seeds

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- 3 Cups White Rice (not instant)
- 2 Cups Chunky Salsa

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- Monday - Crock Pot Root Beer Chicken
- Tuesday - Ground Beef Taco
- Wednesday - One Pan Mexican Pork Chops
- Thursday - Slow Cooker Whole Chicken with  
Broccoli & Grape Salad w. Sunflower Seeds

- Friday - Cajun Shrimp Gumbo Fritters
- Saturday - Hurry Curry Recipe
- Sunday Breakfast - Homemade Orange Rolls
- Sunday - Shepherd's Pie