

# Shopping List

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1 Dozen Eggs  
unsalted butter  
2 Cups Skim milk  
reduced fat cream cheese  
reduced fat or fat free cheese  
3 Cups Shredded cheddar cheese  
Queso Laughing Cow Cheese  
Sour Cream (optional)

Tomato Sauce  
1 Can Black Beans  
Minute White Rice  
pad thai noodles  
Pad Thai Sauce Ingredients  
1 Can Puree Pumpkin  
1 Jar Salsa  
1 Can southwest or fiesta corn

1 lb Ground Turkey or Beef  
1 Package Bacon  
1 Package Breakfast Sausage  
4 lbs Chicken Breasts  
1 lb lean ground beef  
4 salmon fillets

7 Bell Peppers  
fresh lime juice  
Garlic (minced)  
green apples - I used Crunch Pak Apples  
green onions, diced  
Red Onion  
Onions  
Potato (4 Baking Potatoes)  
sweet bell pepper  
Small Bag tri-color bell peppers  
Vegetables for Roasting

2 Loaves French Bread  
Low-fat Sliced Bread

Monday: Stuffed Peppers  
Tuesday: Korean Beef  
Wednesday: Southwest Chicken  
Thursday: Pumpkin Grilled Cheese

Friday: Chicken Pad Thai  
Saturday: Blackened Salmon  
Sunday Breakfast: Breakfast Strata  
Sunday Dinner: Bacon Wrapped Apple Chicken