

Shopping List

Mom Does Reviews

2 lbs. lean ground beef
3 lbs. chicken breast
(skinless, boneless)
4 King Crab Legs

Almond Milk
Fresh Parmesan cheese
Eggs
1-2 C Shredded Mozzarella
Organic Lemon Juice
Organic Butter
Cheddar Cheese

16oz Box Pasta (any)

1 can coconut milk
Vegetable Broth
Chicken Stock
Pumpkin Puree
2 cans tomato soup
1 Jar (or 2 cups) tomato sauce

Leeks
6 Carrots
5 lbs. Potatoes
1 bulb garlic
1 small onion
1 White onion
1 bunch Organic Green Onion
Mushrooms
Tomatoes
Fresh Basil
Fresh Ginger

Thick Brioche French Bread
Glutino Multi-Grain (gluten-free)

Monday ~ Trash to Treasure Soup
Tuesday ~ Burger No Bun
Wednesday ~ Thai Chicken Curry
Thursday ~ Crab Sliders

Friday ~ Easy Chicken Parmesan
Saturday ~ Goulash with Lean Beef
Sunday Morning ~ Baked Pumpkin French Toast
Sunday Dinner ~ BBQ Sandwiches