



10 Day Grocery List



- Steak (~7 ounces/person)
- Sweet Potatoes (2/person)
- Mixed Greens
- Spaghetti Noodles (1 box)
- Pasta Sauce (1 jar or can)
- Mozzarella Cheese (8 ounces)
- Chicken Breast (~8 ounces/person)
- Barbecue Sauce
- Rice (~1 pound)
- Green Beans (3 cans or bags)
- Ground Beef (2 pounds)
- Black Beans (1 can or 4 ounces dry)
- Shrimp (1 bag)
- Zucchini
- Butter
- Beef Broth
- Salmon (1 pound)
- Pasta (1 box)
- Alfredo Sauce
- Spinach
- Parmesan Cheese
- Broccoli Crowns (2)
- Soy Sauce
- Sesame Oil