



# 10 Day Grocery List



- Black Beans (2 cans)
- Enchilada Sauce
- Mexican Shredded Cheese
- Chicken (4 oz/person)
- Corn Tortillas
- Broccoli (1 crown/person)
- Shredded Mozzarella
- Pizza Sauce
- Flour
- Instant Yeast
- Milk
- Butter
- Feta Cheese Block
- Cherry Tomatoes
- Penne Pasta
- Heavy Cream
- Parmesan Cheese
- Fettuccine Pasta
- Spinach
- Rice
- Stir-Fry Vegetables
- Shrimp (3-4 oz/person)
- Zucchini
- Cauliflower Rice
- Tomato Sauce
- Ground Beef (4 oz/person)
- Corn
- Steak (3 oz/person)
- Soy Sauce
- Breakfast Meat
- Eggs