

Milk & Mascara

Grocery List Week 3 (5 Recipes)

Recipe 1: Chicken Parm Lasagna Roll-Ups

Recipe 2: Baked Verde Chicken Roll-Ups (serve with salad or rice)

Recipe 3: Chicken Apple Sausage & Sweet Potato "salad"*

Recipe 4: Asian Turkey Meatballs & Carrot Rice

Recipe 5: Curry Mini Burgers & Sweet Potato Fries (I use ground turkey)

- 1 pound lean ground beef or other meat of choice (I use ground turkey)
- 1½ pounds ground turkey
- 4-6 chicken breast, boneless & skinless
- 1 onion
- 1 zucchini
- 3 carrots
- 4-6 garlic cloves
- 2-3 Limes
- Cilantro
- Parsley
- 2 avocado
- 2 sweet Potato
- Spinach or Kale
- Salad of your choice for Recipe 2 (or rice)
- Coconut or olive oil
- Salt & Pepper
- Sugar
- Ground cinnamon
- Sesame Seeds
- Honey
- Soy Sauce
- Sriracha (optional)
- 1 24-ounce jar of marinara sauce
- 1 large can of verde enchilada sauce
- Red curry paste
- Long-grain white rice
- Seasoned bread crumbs
- Lasagna noodles
- Tortillas
- Eggs (3)
- All-purpose flour
- Cheddar Cheese
- Mozzarella cheese
- Feta Cheese