

Milk & Mascara

Grocery List Week 6 (6 Recipes)

Recipe 1: Asian Ground Turkey with Spinach & Rice

Recipe 2: Baked Tacos & Beans

Recipe 3: Cashew Chicken

Recipe 4: Stuffed Lasagna Peppers

Recipe 5: Baked Chicken & Veggies

Recipe 6: Asian Noodle Bowls

- 3 packs of lean ground turkey
- sweet italian sausage
- 5-6 chicken breasts
- 1/2lb frozen peeled and deveined shrimp
- 4 onions
- 1 green bell pepper
- 16 cloves garlic
- tomatoes
- cilantro
- green onions
- spinach
- 2 zucchini
- yellow squash
- 1/2 pound small Red Potatoes
- jalapeño (optional)
- 8-10 bell peppers, various colors
- 1 carrot
- 1 cucumber
- ginger
- basil
- 1 can tomato paste
- 1 28-ounce can diced tomatoes
- 1 28-ounce can tomato sauce
- 15 ounces whole milk ricotta
- jarred salsa
- tamari or soy sauce
- chili garlic sauce
- soy sauce
- hoisin sauce
- sesame oil
- rice wine vinegar
- chili powder
- brown sugar
- garlic powder
- cumin
- eggs
- butter
- mozzarella cheese
- parmesan cheese
- shredded colby jack cheese
- 8-10 cooked lasagna noodles
- rice noodles
- pinto beans
- rice of your choice
- unsalted raw cashews
- sesame seeds
- peanuts
- cornstarch
- italian bread crumbs
- 1 box or 10-12 Taco Shells