

# Milk & Mascara

## Grocery List Week 7 (5 Recipes)

Recipe 1: Lasagna Soup

Recipe 2: Taco Tuesday

Recipe 3: Coconut Chicken Tenders & Cauliflower Rice

Recipe 4: General Tso Chicken

Recipe 5: Balsamic Chicken Salad with Lemon Quinoa

- 1 Rotisserie Chicken
- Taco Meat of your choice
- 8-10 chicken breasts (enough for 3 recipes worth - I will use 4 Costco packs for this week)
- lemon
- balsamic vinegar
- vegetable stock powder
- garlic powder or 10-12 clove garlic
- spring greens or lettuce of your choice
- grape tomatoes
- red onion
- white onion
- pitted kalamata olives
- reduced fat Feta cheese
- parsley
- shredded lettuce (tacos)
- cilantro
- 10 oz chopped baby spinach
- 1 medium-sized head cauliflower, grated or pearls
- Snow peas or other vegetables of choice
- 2 carrots
- 1 green bell pepper
- freshly grated ginger
- 4 eggs
- butter
- 2-3 cups half and half
- grated parmesan cheese
- shredded cheddar cheese
- sweetened shredded coconut
- Panko
- whole wheat flour
- 1 box of lasagna noodles (Or noodle of your choice. I've used shells and bowtie.)
- brown rice
- quinoa
- tortillas or taco shells
- cornstarch
- flour
- ground ginger
- onion powder
- garlic powder
- cayenne pepper (optional)
- sugar
- chicken bouillon
- dried parsley, dried basil, dried oregano, dried thyme
- red pepper flakes
- 2 bay leaves
- low sodium soy sauce
- Japanese rice wine or dry sherry
- sesame seed oil
- Sriracha/Asian hot chili sauce (optional)
- orange preserves/marmalade
- honey
- dijon mustard
- coconut milk
- 12-14 cups low sodium chicken broth
- 15 oz can cannellini beans