

Milk & Mascara

Grocery List Week 12 (5 Recipes)

Recipe 1: Hawaiian BBQ Chicken

Recipe 2: Enchiladas Verdes

Recipe 3: Beef & Broccoli Ramen Stir Fry

Recipe 4: Cilantro Lime Chicken & Mexican Cauliflower Rice

Recipe 5: Parmesan Chicken with Sun-dried Tomato Cous Cous & Garlic Veggies

- 8-10 Chicken Breasts
- 1 rotisserie chicken or 2-3 cooked chicken breasts
- 1 pound flank steak
- 19 garlic cloves
- 15 tomatillos*
- 3 jalepeno peppers*
- cilantro (LOTS of it)
- 2 zucchini
- 2 red onions
- 3 -4 broccoli crowns (2 sides worth)
- 4 limes
- fresh basil
- crimini mushrooms
- kale (3 cups)
- cherry tomatoes
- avocado
- cauliflower pearls (4 cups)
- 2 medium tomatoes
- fresh ginger
- brown sugar
- cornstarch
- italian seasoning
- garlic powder
- paprika
- sesame seeds
- shredded cheddar cheese
- grated parmesan cheese
- shaved parmesan cheese
- sour cream (optional)
- chicken broth
- beef broth
- 10 or so tortillas of your choice
- brown rice
- cous cous
- roasted salted almonds
- 2 packages refrigerated Yaki-Soba (seasoning sauce packets discarded)
- 1 (9 oz) jar marinated sun-dried tomatoes, oil drained

* This is if you're going to make your own enchilada sauce. If not, pick up your favorite canned version.