

Week 10

PROTEIN

- ☐ 4 boneless skinless chicken breast halves
- ☐ 4 skinless chicken quarters
- ☐ 6 lbs. country-style pork ribs
- ☐ 3 lbs. ground beef

FROZEN

- ☐ 16-oz. bag Asian stir-fry frozen vegetable mix

DAIRY and REFRIGERATED

- ☐ 1 cup grated mozzarella cheese
- ☐ 8 oz. shredded cheese of your choice
- ☐ grated Parmesan cheese
- ☐ shredded cheese of your choice, for garnish
- ☐ 3 eggs
- ☐ 1½ cups milk
- ☐ sour cream or plain Greek yogurt, *optional*
- ☐ guacamole, *optional*

PRODUCE

- ☐ 6 pears
- ☐ ¼ cup chopped sweet red bell pepper
- ☐ 2 cups sliced red peppers
- ☐ ½ medium green or red bell pepper
- ☐ 1 Tbsp. fresh chopped parsley, or 1 tsp. dried, *optional*
- ☐ 2 carrots
- ☐ 5 ribs celery
- ☐ 2 medium onions
- ☐ 2 small onions
- ☐ ½ cup chopped onion
- ☐ 6 green onions
- ☐ diced onions, for garnish
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- ☐ ¼ lb. fresh mushrooms, or 4-oz. can chopped mushrooms
- ☐ 1 cup sliced mushrooms
- ☐ 1 cup sliced green cabbage
- ☐ 2 cups bean sprouts
- ☐ diced cucumbers, for garnish

- ☐ diced tomatoes, for garnish
- ☐ shredded lettuce, for garnish

CANNED/DRY GOODS

- ☐ 10¾-oz. can cream of chicken soup
- ☐ 27-oz. jar duck sauce
- ☐ rice
- ☐ individual-sized bags Doritos, Fritos, or other corn chips of your choice
- ☐ tortilla chips
- ☐ minced garlic
- ☐ 1 cup pizza or spaghetti sauce
- ☐ ¾ cup teriyaki sauce
- ☐ ¼ cup toasted coconut
- ☐ salsa, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ dried parsley, or fresh
- ☐ ground ginger
- ☐ paprika
- ☐ red pepper flakes
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cumin
- ☐ chili powder
- ☐ salt
- ☐ dried oregano
- ☐ dried basil
- ☐ pepper
- ☐ ground nutmeg
- ☐ cornstarch
- ☐ flour
- ☐ sugar
- ☐ baking soda
- ☐ oil of your choice
- ☐ soy sauce
- ☐ rice vinegar
- ☐ lemon juice
- ☐ 3 cloves garlic
- ☐ creamy peanut butter
- ☐ chopped peanuts, for garnish

SPIRITS

- ☐ 1 cup white wine