

WEEK TWO SHOPPING LIST:

SNACKS	

MEAT	
2.5 LB	GROUND BEEF
2.5 LB	CHICKEN BREAST
1 PKG	HOT DOGS OR SAUSAGE OF CHOICE

DRY GOODS	
4 C	JASMINE RICE
1 C	PANKO BREADCRUMBS
1 C	BULGOGI SAUCE (KOREAN BBQ)
2 TBSP	SRIRACHA HOT SAUCE
1 PKG	FLOUR TORTILLAS
1 JAR	SALSA VERDE / GREEN SALSA
3 CANS	CHILI OF CHOICE
1 JAR	SLICED JALAPENOS
1 - 15 OZ CAN	TOMATO SAUCE
1 - 24 OZ CAN	PASTA SAUCE
1 BOX	LASAGNA NOODLES
1/2 C	CHICKEN STOCK
1/3 C	SOY SAUCE
2 TBSP	HONEY
2 TSP	SESAME OIL
1 TBSP	CORNSTARCH

FROZEN/REFRIDGERATED	

SPICES & BAKING	
1 TBSP	SESAME SEEDS
2 C	OLIVE OIL
	SALT & PEPPER
	GARLIC POWDER
	ONION POWDER
	SMOKED PAPRIKA

DAIRY	
1 C	SOUR CREAM
2 C	MONTEREY JACK CHEESE
4 C	CHEDDAR CHEESE
1	EGG
1 TUB	COTTAGE CHEESE

PRODUCE	
2 BAGS	CARROTS
1 EA	RED & YELLOW BELL PEPPER
4 TBSP	MINCED GARLIC
1 BUNCH	GREEN ONION
2	AVOCADOS
1 BUNCH	CILANTRO
6-8	RUSSET POTATOES
1	WHITE ONION
2	VEG OF CHOICE OR BAG SALADS
2 TBSP	MINCED GINGER
1/2 LB	BROCCOLI