

Grocery List for 2/18/24



BREAKFAST & CEREAL

Whole Oats

COOKING & BAKING

Brown Sugar

Cornstarch

Garlic

Red pepper flakes

Sesame seeds for garnish

Cayenne pepper

Chili powder

Everything Bagel Seasoning

Ground cumin

Onion (2)

Salt

PRODUCE

2 Limes

Whole Mushrooms

2-3 Peppers

Strawberries

OTHER

Vanilla Protein Powder

CONDIMENTS & DRESSINGS

Lite Soy Sauce

Sesame Oil

Avocado or Olive oil

DAIRY

Plain 0% Greek Yogurt

Unsweetened Vanilla Almond Milk

GRAINS & RICE

Mission Carb Balance Tortillas

Minute Brown Rice Cups

Carba-Nada Egg Fettuccini

MEAT

2-3 Lbs Flank Steak

3-4 Lbs of Chicken Breast

SEAFOOD

4-6 Pieces of Salmon

SOUPS & CANNED GOODS

Beef Broth

