Amy's Weekly Grocery List

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Week 1

Chicken with Olives, Raisins, and Spinach Rice
long-grain white rice
flat-leaf spinach (1 pound)
olive oil
8 chicken culets (about 1 1/2 pounds total)
dry white wine
Kalamata olives
golden raisins

Margherita Pizza
fresh mozzarella
tomatoes
fresh basil
2 Pizza Crusts
Pizza sauce (optional for kids)

Slow Cooker Beef Stroganoff
2 pounds beef chuck
1 large onion
1 pound white mushrooms
cornstarch
reduced-fat sour cream
Dijon mustard
thin egg noodles
Chopped fresh dill, for garnish (optional)

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side vegetable of choice

Grilled Ham and Cheese with Pears
sandwich bread
cheese (White American & Cheddar Cheese)
pears
deli ham, thinly sliced

Sides: Carrots, pickles and Baked Lays

Real Simple Lasagna
26-ounce jar pasta sauce
1 18-ounce bag frozen large cheese ravioli
1 10-ounce box frozen chopped spinach
1 8-ounce bag shredded mozzarella
grated Parmesan

Optional items:
part-skim ricotta
ground beef
garlic bread
salad (tomatoes & cucumber)

Other groceries needed

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