



Amy's Weekly Grocery List

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Week 7

Turkey Burgers

- 1 package ground turkey
- horseradish
- Worcestershire sauce
- shredded cheddar cheese
- 2 green onions
- grill seasonings (such as McCormick's Montreal Steak seasoning)
- spicy brown mustard
- Buns
- lettuce
- tomatoes
- Corn on the Cob
- Oven Baked Fries

Cream Cheese-and-Pesto-Stuffed

Chicken Breasts

- 4 chicken breast halves
- eggs
- plain bread crumbs
- olive oil
- reduced-fat cream cheese
- pesto
- rice
- broccoli

Salina-Style Spaghettini with Cherry Tomatoes

- Spaghetti
- Extra Virgin Olive Oil
- cayenne pepper
- 6 dozen (8-10 ounces) small ripe cherry tomatoes
- 2 Garlic Cloves
- fresh mint leaves
- grated Pecorino Romano or Parmesan cheese

BBQ Chicken & Cornbread Casserole (Crockpot dinner)

- Package of chicken tenderloins
- 1 bag of frozen corn
- 1 small sweet potato
- BBQ sauce
- 2 boxes Jiffy cornbread mix
- eggs
- milk

Spicy Dirty Rice & Turkey

- 1 box Zatarain's Dirty Brown Rice Mix
- 1 package ground turkey
- 1 small onion
- 1 can of chopped tomatoes
- Tortilla chips
- shredded cheddar cheese

Other groceries needed
