



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)

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
