



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
