



# Amy's Weekly Grocery List

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## Week 9

### Cheesy Chicken, Rice and Broccoli

- 1 package of chicken breast tenders
- 1 can of 98% fat free cream of mushroom soup
- chicken broth
- instant whole grain brown rice
- fresh or frozen broccoli
- shredded cheddar cheese

### Parmesan Crusted Tilapia

- parmesan cheese
- bread crumbs
- paprika
- chopped parsley
- Extra-virgin olive oil
- Zesty Lemon Seasoning such as Weber
- 6-8 Tilapia Fillets
- Lemon Juice

### Make Your Own Pizza Night

- Ready made pizza crust or pizza dough
- Mozzarella cheese
- Pizza sauce or pasta sauce
- Favorite toppings

### Salmon Patties & Mashed Potatoes

- whole-wheat sandwich bread (or bread crumbs if you don't have a food processor)
- 3-4 Large pouches of boneless salmon
- eggs
- 2 scallions
- chopped fresh cilantro leaves
- Potatoes for mashing or store bought instant
- Vegetable of your choice

### Spicy Turkey Crock-Pot Lasagna

- 1 lb. ground turkey
- dried Italian seasonings
- red-pepper flakes
- 15 oz. container ricotta
- 1 package of shredded Italian-blend cheese
- 1 - 10 oz package of frozen chopped spinach
- lasagna noodles
- 1 large jar (26 ounces) chunky pasta sauce

### Other groceries needed

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