Amy's Weekly Grocery List

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Week 12

Grilled Basil & Lemon Salmon with Tomatoes & Asparagus

I Can't Believe It's Not Butter or butter
1 bunch of fresh basil
1 lemon
4 Roma Tomatoes
Fresh Asparagus (optional)
Salmon Fillets

Baked Chicken Nuggets

3 boneless skinless chicken breasts
Corn Chex cereal
Grated Parmesan cheese
Paprika
Garlic powder
Butter
Low fat milk

Fast & Easy Tortilla Roll-Ups

1 package of tortillas (I like whole wheat)
Low Fat Cream Cheese
Turkey Lunch Meat
Fresh Spinach Leaves
Shredded Carrots (Optional)
Shredded Cheddar Cheese (Optional)

Jazzed Up Mac & Cheese

1 package of Macaroni
Butter
Flour
Low fat milk
shredded sharp Cheddar cheese
Hamburger Meat (Ground Turkey Optional)
Tomatoes (optional)
paprika (optional)
Breadcrumbs

Creamy Italian Crock-Pot Chicken

4 boneless, skinless chicken breasts
1 envelope Italian salad dressing
1 pkg. (8 oz.) cream cheese
1 can condensed cream of chicken soup
(optional) 1 can (4 oz.) mushroom stems
noodles or rice

Other groceries needed

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