

Amy's Weekly Grocery List

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Week 13

Dijon mustard
Thin egg noodles

Sundried Tomato Cheese Pasta Marmalade Chicken 1 Medium Eggplant Reduced-sodium chicken broth Olive Oil Red-wine vinegar Oil Packed Sun Dried Tomatoes Orange marmalade Fresh Parsley Dijon mustard Penne Pasta cornstarch 3 oz Goat Cheese, Crumbled 1 pound chicken tenders Fully cooked Rotisserie Chicken(optional to use in kosher salt both Monday & Tuesday meals) freshly ground pepper extra-virgin olive oil, divided **Zucchini Goat Cheese Pizza** 2 large shallots pizza dough 1 Orange (optional) 1 lemon 4 ounces goat cheese fresh basil (dried is alternative) 1 yellow zucchini Other groceries needed 1 medium green zucchini olive oil Honey Mustard Pecan & Walnut Crusted Salmon 4 Boneless Salmon Butter Mustard Honey Breadcrumbs **Chopped Walnuts Chopped Pecans Dried Parsley** 1 Lemon Slow-Cooker Beef Stroganoff 2 pounds beef chuck 1 large onion, chopped 1 pound white mushrooms (optional) Coarse salt and ground pepper cornstarch reduced-fat sour cream