

Two-Week Cooking Project Shopping List



Meat

16 boneless, skinless chicken breasts
¾ lb. flank steak
2 lb. ground beef

Dairy

4 oz. shredded cheddar cheese
4 oz. shredded Mexican blend cheese
(or just buy one 8 oz. cheddar to use for both!)
4 8 oz. shredded mozzarella cheese
8 oz. cottage cheese

Produce

5 green onions
1 medium tomato
1 onion
veggies for pizza toppings
1 green or sweet pepper (for fajitas)
yams (My choice for a BBQ chicken side dish)
fresh green beans (another choice for a BBQ chicken side dish)
broccoli (Yet another BBQ chicken side dish)

Canned

Salsa (1/2 c.)
19 oz. enchilada sauce
1 can corn
14.5 oz. diced tomatoes
3 15 oz. tomato sauce

Dry Goods

Tortilla chips
Tortilla wraps
2 16 oz. boxes rotini (or whatever pasta shape you like)
Sesame seeds

Pantry Items

I'm assuming that you have these, so I didn't want to include them in the general shopping list.

Sugar
Soy Sauce
Canola Oil
Lemon Juice
Pepper
Garlic Powder
Salt
Honey
Ginger
Basil