



Grocery Shopping List: Easy Dinner Recipes

<p>Meats and Proteins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 cups cheddar cheese <input type="checkbox"/> 1 can of refried beans <input type="checkbox"/> 1 cup pepperjack cheese <input type="checkbox"/> 1 can (15 oz.) black beans <input type="checkbox"/> 1 lb. ground beef <input type="checkbox"/> 2 Tbsp. chopped peanuts <input type="checkbox"/> 2 lbs. chicken breasts <input type="checkbox"/> 1/4 cup grated parmesan cheese <input type="checkbox"/> 4 bone-in pork chops 	<p>Vegetables/Fruits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 cups lettuce or spinach <input type="checkbox"/> 2 tomatoes <input type="checkbox"/> 6 cups romaine lettuce <input type="checkbox"/> 1 jalapeno <input type="checkbox"/> 1 can (11 oz.) whole kernel corn <input type="checkbox"/> 1/4 cup onions <input type="checkbox"/> 1/2 cup chopped tomatoes <input type="checkbox"/> 2 cloves garlic <input type="checkbox"/> 16 oz frozen bell pepper & onion strips <input type="checkbox"/> 1 medium red and yellow pepper <input type="checkbox"/> 4 cups baby spinach leaves <input type="checkbox"/> 1 cup grape or cherry tomatoes <input type="checkbox"/> 2 cans (8 oz. ea) pineapple chunks in juice
<p>Liquids:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup chicken broth <input type="checkbox"/> 1/4 cup lite soy sauce <input type="checkbox"/> 1 Tbsp. + 2 tsp oil <input type="checkbox"/> 1 can (10-1/2 oz.) condensed chicken broth 	<p>Spices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> 2 tsp. chili powder <input type="checkbox"/> 2 Tbsp. chopped cilantro <input type="checkbox"/> 1-1/2 tsp. garlic powder
<p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1/2 cup salsa <input type="checkbox"/> nacho chips <input type="checkbox"/> 1 jar of nacho cheese dip or con queso <input type="checkbox"/> 1/2 cup three cheese crumbles <input type="checkbox"/> 1/2 cup ranch dressing <input type="checkbox"/> 1 can (8 oz.) tomato sauce <input type="checkbox"/> 1/4 cup sour cream <input type="checkbox"/> 1/4 cup Asian Toasted Sesame Dressing <input type="checkbox"/> 1 Tbsp. peanut butter <input type="checkbox"/> 1/4 cup Catalina salad dressing 	<p>Grains / Baking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup broken tortilla chips <input type="checkbox"/> 4 corn tortillas <input type="checkbox"/> 1/2 lb. spaghetti <input type="checkbox"/> 3 cups instant white rice, uncooked