

BACK-TO-SCHOOL Meal Plan SHOPPING LIST

Fruits and Veggies:

- Sweet Potatoes
- Asparagus
- Romaine Lettuce
- Fresh Parsley
- Carrots, Tomatoes, and/or Cucumbers for Salad

Protein

- Rotisserie Chicken
- Boneless, Skinless Chicken Breasts
- 3 LB. Chuck Roast

Dairy

- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- 16 oz Ricotta Cheese
- Small Container Sour Cream
- Cream Cheese
- Provolone Cheese
- Pillsbury Buttermilk Biscuits

Center Aisles

- Veg-All
- 1 Can Cream of Chicken Soup
- Tortillas
- 1 Box Ziti or Penne of your Choice
- 1 Jar of your Favorite Spaghetti Sauce
- Salsa
- Guacamole (Optional)
- 2 Cans Campbell's French Onion Soup
- 1 Can Beef Consomme Soup
- Kaiser Rolls