

\$7 DINNERS (PART 3) SHOPPING LIST

PRODUCE

1 - 2 bell peppers
1 - 2 tomatoes
1 cucumber
10 oz baby spinach
1 bunch fresh cilantro
2 zucchini squash
1 bunch green onions
1 jalapeno pepper
2 yellow onions
1 large lemon
1 head of garlic
other favorite salad ingredients (optional)

MEAT

3 pounds of frozen chicken breasts
(buy more if you need more for your family; buy fresh if it's cheaper!)
2 pounds ground turkey
2 pounds ground beef

DAIRY/REFRIGERATED SECTION

8 oz mozzarella cheese

STAPLES*

cumin
cayenne pepper
oregano
olive oil
chili powder
onion powder
crushed red pepper flakes
cajun seasoning
salad dressing

PANTRY

1 can quartered artichoke hearts
4 cans chunk light tuna in water
1 canister grated parmesan cheese
1 can mild Rotel
16 oz. chicken broth
1 can pinto beans
4 cans cannellini beans
16 oz. salsa verde
14.5 oz can diced tomatoes

OTHER

*NOT INCLUDED IN \$7 DINNER COST