

Shopping List

CHALLENGE ACCEPTED!!

MEATS

GROUND BEEF - 5 PNDS

CHICKEN - 11 PND

BROTH

BEEF - 13 CUPS

CHICKEN - 10 CUPS

FRESH VEGGIES

2 bags baby carrots
1 shredded carrots
1 head cabbage
4 limes
1 head celery
2 red peppers
1 Yellow Pepper
1 bunch fresh

2 heads of romaine lettuce
Green onions (can be chopped and frozen)
6 oz bag baby spinach
1 small piece of ginger
2 bags coleslaw mix
Taco Topping (tomatoes, lettuce, shredded cheese, etc)
cilantro

FREEZER SECTION

1 BAG FROZEN MANGOES
1 BAG FROZEN CHOPPED ONIONS

CANNED/JARRED

1 CAN KIDNEY BEANS
1 29 OZ CAN HOMINY
1 CAN TOMATO SAUCE
1 JAR HOISIN SAUCE
3 JARS SALSA
1 14 OZ CAN ENCHILADA SAUCE
2 20 OZ CANS PINEAPPLE CHUNKS
2 CUPS OF V8

1 CAN/JAR GREEN SALSA VERDE
1 LARGE JAR OF MINCED GARLIC
4 CANS WHITE NORTHERN BEANS
1 JAR SPAGHETTI SAUCE
1 CAN DICED GREEN CHILES
5 CANS DICED TOMATOES
1 CAN TOMATO PASTE

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DAIRY/REFRIGERATOR SECTION

1 (1) LB BACON
1 SMALL CONTAINER RICOTTA CHEESE
1 PACKAGE SHREDDED MOZARELLA

MISC

TACO DINNER KIT
FROZEN DINNER ROLLS

STAPLES

TACO SEASONING
BROWN SUGAR
SOY SAUCE
CORNSTARCH
PAPRIKA
THYME
WORSCHESTIRE
LONG GRAIN RICE
BALSAMIC VINEGAR
RICE WINE VINEGAR
TUMERIC
SALT & PEPPER
RED PEPPER POWDER
OREGANO
DRIED BASIL
ITALIAN SEASONING
1 BOX LASAGNA NOODLES
1 BOX DITALINI PASTA

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