

# 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