

GROCERY LIST FOR A *Ski Trip*

TheKitchenChalkboard.com

MEATS

2 lbs. Ground Beef
1 lbs. Ground Chicken
2 lbs. Thin Chicken Breasts
3lbs. Boneless, Skinless
Chicken Breasts
4oz. Prosciutto
1-2 1/2lb. Pork Tenderloins

DAIRY

8 oz. Shredded Pepper Jack
Milk
Parmesan Cheese
32oz Yogurt
8 oz. Shredded Mozzarella

DRY GOODS

2 Cans Black Beans
2 Cans Pinto Beans
2 Cans Ro-tel Tomatoes
Corn Chips
Old Fashioned Oats
Almond or Peanut Butter
Italian Bread Crumbs
Chicken Stock
Orzo Pasta
1 Can Great Northern Beans
Rice
Sandwich Buns
Kashi Cereal

VEGETABLES

3 Onions
2 Cloves of Garlic
3 Carrots
Cilantro
Baby Spinach
8 oz. Sliced Mushrooms
2 Lemons

SPICES AND SAUCES

Olive Oil
2 Bay Leaves
Chili Powder
Cumin
Cinnamon
Dried Basil
Garlic Powder
Italian Seasoning
Salt and Pepper
Brown Sugar
Honey
Worcestershire sauce
Envelope Lipton Savory Herb
and Garlic
BBQ Sauce