

SHOPPING LIST FOR THE MILLS FAMILY

Summer Cookout! (serves 8 to 10) - Jul 04th 2016

WEEKLY MENU

- 1 Shrimp on the Barbie!
- 2 Grilled Chicken and Steak Teriyaki (Watermelon & Feta Salad)
- 3 Corn & Avocado Salad (Summer Cookout)
- 4 Potato & Tomato Salad
- 5 Lamington Cakes

STAPLES

- 1 Soy sauce, olive oil, honey, red pepper flakes
- 2 Olive oil, soy sauce, brown sugar, *red wine vinegar, *olive oil
- 3 Olive oil
- 4 Mayonnaise, brown mustard
- 5 Confectioners sugar, unsweetened cocoa

Exclude Recipes

Print Shopping List

• **M** denotes ingredient used in multiple recipes

• Asterisk (*) denotes side dish ingredient

DAIRY

- 5 Low fat milk (4 oz)
- 2 *Feta cheese (2 oz)
- 5 Butter (1 1/2 tbs)

SEAFOOD

- 1 Shrimp, raw (4 lbs)

MEAT/POULTRY

- 2 Sirloin steak tips (2 lbs)
- 2 Boneless chicken breast (2 lbs)

GROCERY

- 5 Yellow cake mix (1 box)
- 5 Shredded coconut (1 cup)
- 2 Pineapple juice (8 oz)

PRODUCE

- M** Lemons (3)
- 1 Limes (3)
- 2 *Watermelon (1/2)
- 4 Baby potatoes (4 lbs)
- 4 Tomatoes (2)
- 3 Shallots (3)
- M** Scallions (10)
- M** Garlic (2 bulbs)
- 3 Avocados (2)
- M** Fresh parsley (1 bunch)

FROZEN FOODS

- 3 Frozen corn (16 oz)