

# SHOPPING LIST FOR THE MILLS FAMILY

Harris Teeter - Jan 25th 2017

Sales period for your selected store is Wednesday to Tuesday

## WEEKLY MENU

- 1 Simple Turkey Scramble ◊ (Green Beans)
- 2 Julia's Beef Stroganoff (Mixed Greens)
- 3 Chicken with Herbed Tomato & Corn ◊ (Steamed Asparagus & Italian Roasted Potatoes)
- 4 Tilapia with Tomatoes & Feta ◊ (Broccoli & Roasted Asparagus)
- 5 Slow Cooker Black Bean & Wild Rice Soup (Simple Wedge Salad)

## STAPLES

- 1 Olive oil, garlic powder, oregano (dried), salt
- 2 Olive oil, flour, paprika
- 3 Olive oil
- 4 Oregano (dried), \*olive oil, \*sea salt
- 5 Cumin (ground), garlic powder, paprika

Exclude Recipes

Print Shopping List

[Restore Original Menu](#)

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

• Asterisk (\*) denotes side dish ingredient

• ◊ denotes lower carb main recipe

## DAIRY

- 2 Sour cream, low fat (8 oz) **SALE**  
Breakstone's
- 1 Shredded cheddar cheese, low fat (4 oz) **SALE**  
HT Traders or Sargento
- 4 Feta cheese (2 oz) **SALE**  
Athenos or Harris Teeter

## SEAFOOD

- 4 Tilapia fillets (2 lbs) **SALE**  
Wild Caught

## MEAT/POULTRY

- 2 Sirloin steak (2 lbs) **SALE**  
Top Sirloin
- 3 Boneless chicken breast (2 lbs) **SALE**  
HT Value Pack
- 1 Ground turkey (1 1/2 lbs) **SALE**  
93% lean or Shadybrook Farms 85% lean

## GROCERY

- M** Black beans (30 oz)
- 2 Pasta of choice (12 oz) **SALE**  
De Cecco
- 5 Wild rice (6 oz)
- 1 Diced tomatoes (14.5 oz) **SALE**  
Hunt's or Dei Fratelli
- 2 Chicken broth (8 oz) **SALE**  
Swanson
- 5 Vegetable broth (32 oz) **SALE**  
Swanson
- 3 \*Italian salad dressing (1/4 cup)

## PRODUCE

- 4 Lemon (1)
- M** Limes (3)
- 5 Baby kale (2 oz) **SALE**  
Earthbound Farms Organic or Fresh Express
- 2 \*Spring mix greens (5 oz) **SALE**  
Earthbound Farms Organic or Fresh Express
- 5 \*Iceberg lettuce (1 head) **SALE**
- 4 \*Asparagus (1 bunch) **SALE**
- 3 \*Asparagus (1 bunch) **SALE**
- M** Broccoli (24 oz) **SALE**  
Organic or non-organic
- 1 \*Green beans (1 lb) **SALE**  
Ready Veggies or Harris Teeter Organics (bag)
- 5 \*Shredded carrots (1 cup)
- M** Tomatoes (4) **SALE**  
On-The-Vine
- 2 Mushrooms (8 oz) **SALE**  
whole or sliced white
- M** Garlic (1 bulb)
- 3 Shallots (2)
- M** Onions (2)
- 5 Sweet potatoes (2) **SALE**
- 3 \*Baking potatoes (3) **SALE**  
Farmers market Russet 4 pack or 5lb bag, or Organic 3lb bag
- 3 Fresh parsley (1 bunch)

## FROZEN FOODS

- 3 Frozen corn (fresh works, too) (6 oz) **SALE**  
Harris Teeter