

Shopping List for Dinner

	Serves 2:	Serves 4:	Serves 6:
CHICKEN			
Chicken Breast, bnls, sknls	1-2 chicken breasts	3-4 chicken breasts	4-6 chicken breasts
PASTA			
Pasta, dry fettuccine	3 1/2 ounces	7 ounces	10 1/2 ounces
Broccoli			
Broccoli crowns, fresh	5 1/3 ounces	10 2/3 ounces	1 pound
Alfredo			
Soup (veggie or chicken)	3/4 cup	1 1/2 cups	2 cups
Margarine or butter	2 Tablespoons	4 Tablespoons	5 Tablespoons
Flour, all purpose	2 Tablespoons	4 Tablespoons	5 Tablespoons
Heavy cream	3 Tablespoons	6 Tablespoons	9 Tablespoons
Cheese, parmesan, grated	1 ounce	2 ounces	3 ounces
OR Jar of Alfredo			

Tres Leches Cupcakes (12 cupcakes)
Evaporated Whole Milk
Sweetened Condensed Milk
Yellow Cake Mix, 1 box and ingredients to make the cake
Cream Cheese Icing, 1-2 containers
Colored sugar sprinkles

Ingredients (for more than one component)
Salt
Pepper
Oil, canola
Fresh Garlic, peeled & minced
Heavy Cream (small container)

NOTE: Feel free to add your favorite side salad and (garlic) bread to round out your meal!