



My Weekly Shopping List

Always check your kitchen supplies to see what you already have on-hand.



Produce	Pantry	Meat
3 yellow or sweet onion, 1 red onion	1 - 16 oz. bag wide egg noodles	1 1/2 lbs. ground beef
2-3 bell peppers	1 - 48 oz. jar spaghetti sauce	1 - 6 oz. pkg. pepperoni
1 pint fresh mushrooms	1 small can Rotel	2 lbs. stew meat
1 eggplant	5 - 14.5 oz. black beans	4-6 med. boneless chicken breasts
1 zucchini	1 - 8 oz. can tomato sauce	
1 yellow squash	1 - 6 oz. can tomato paste	
3 heads of broccoli	1 jar olives	
2-3 hearts of romaine lettuce	1 jar oyster sauce	
1 bunch green onions	1 jar soy sauce	
1 pkg. carrots	1 box brown rice	Dairy
fresh ginger root	1 - 16 oz. box rotini noodles	
lettuce	1 pkg. beef broth	eggs
3-4 sm. - med. tomatoes	chicken bouillon cubes	milk
2 cucumbers	mayonnaise	butter
1 bunch celery	cROUTONS	1 - 16 oz. container ricotta cheese
1 bag spinach	Salad dressing (your choice)	1 pkg. sour cream
1 avocado	BBQ. sauce	1 pkg. cheddar cheese, shredded
apples	nuts, (your choice)	1 pkg. mozzarella cheese, shredded
strawberries	dinner rolls	
1 pkg. mandarin oranges	sandwich bread	
Frozen	Herbs/Spices/Oils	Household
1 pkg. green beans	Sesame oil	
3 lbs. frozen chicken breasts	Olive oil	
	Italian seasonings	
	Cajun seasoning	
	1 pkg. taco seasoning mix	
	garlic powder	
	dried minced onion	
	dried basil	
	cumin	
	brown sugar	
	cornstarch	