



My Weekly Shopping List

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



Produce	Pantry	Meat
1 onion	1 - 20 oz. can crushed pineapple	12 boneless, chicken breasts
1 bag carrots	1 - 20 oz. can pineapple chunks	1 lb. ground beef
2 small zucchini	1 can Rotel	1 box SeaPak Shrimp Scampi
2 small yellow squash	1 can green beans	3-4 lb. boneless pork butt or shoulder roast
1 jalapeno pepper	1 bottle soy sauce	
1 garlic bulb	Italian dressing	
1 head cabbage	1 jar salsa	
1 bunch fresh parsley	1 jar Alfredo sauce	
2 lemons	1 pkg. wide egg noodles	
	12 oz. bag Snyder's of Hanover Sea Salt and Cracked Pepper Pretzels	Dairy
	chicken broth	eggs
	1 pkg. Mexican rice	milk
	2 pkgs. large tortilla shells	1/2 pint buttermilk
	1 bottle hickory smoke BBQ sauce	butter
	Ken's Honey Mustard dip	sour cream
	1 bottle liquid smoke	heavy cream
	1 jar Hellmann's mayonnaise	1 pkg. Mexican blend, shredded
	White vinegar	1 pkg. cheddar cheese, shredded
	2 dozen dinner rolls	grated parmesan cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. frozen corn (or use canned)	1 pkg. taco seasoning	
Garlic bread	garlic powder	
	sugar	
	dark brown sugar	
	cornstarch	