





# My Weekly Shopping List

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

<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
1 onion	1 bottle BBQ sauce	2 lbs. boneless, chicken breasts
1 garlic bulb	soy sauce	4 whole boneless chicken breasts
2 red onion	1 box rice	1 lb. bacon
baking potatoes, 1 per person	1 - 28 oz. can diced tomatoes	1 lb. ground beef
3 cucumbers	1 bottle white cooking wine	8-10 boneless pork chops
1 pint grape tomatoes	1 container chicken broth	2 lbs. ground beef
tomatoes	white wine vinegar	
1 bunch cilantro	1 jar balsamic vinegar	
3 avocados	1 jar salsa	
1 lg. mango	1 jar spaghetti sauce	<b>Dairy</b>
1 lime	1 box pasta, your choice	eggs
1 lemon	raisins	milk
	Mayonnaise	butter
	Sunflower seeds	1 lg. carton lg. curd cottage
	1 can black olives	mozzarella, shredded
	1 jar Tabasco sauce	1 - 8 oz. pkg. cream cheese
	taco shells or tortillas	2 pkgs. cheddar cheese, shredded
		1 container feta cheese
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
1 pkg. California blend veggies	olive oil	
1 pkg. broccoli florets	ground ginger	
1 pkg. green beans (or canned)	1 pkg. taco seasoning mix	
	ground cumin	
	dried parsley	
	dried oregano	
	garlic powder	
	onion powder	
	Lawry's seasoning salt	
	sugar	
	honey	