



My Weekly Shopping List



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

Produce	Pantry	Meat
Limes	2 Cans cream of chicken soup	4 Boneless, skinless, chicken breasts
1 Head of cabbage	3 - 15 oz. can Black beans	4 Slices of deli ham
1 lg. & 2 med. Onions	1 Box low-sodium chicken broth	1 lb. Bacon
1 Bulb garlic	1 lb. Long-grain white rice	12-16 oz. Smoked sausage
4 green onions	1 Box brown rice	
Bell peppers	1 Box Penne pasta	
Fresh sweet corn	1 Box Orzo pasta	
	1 Bottle General Tso's stir fry sauce	Dairy
	1 Can or jar black olives	Eggs
	1 Jar Yum-yum sauce	Milk
	1—lg. Jar marinara with meat sauce	Butter
	1 Bottle low-sodium soy sauce	8 oz. Feta cheese
	1 Jar of salsa	1 lb. Block mozzarella cheese
	1 Bottle Red wine vinegar	8 oz. Crema
	Ketchup	8 Slices Swiss cheese
	Yellow Mustard	
	1 Pkg. Instant oats	
	1 Jar Apple sauce	Herbs/Spices/Oils
	1 pkg, or can Pinto beans	1 Bottle Canola oil
	24 Corn tortillas	Sesame oil
	Hamburger buns	Olive oil
Frozen	Sub buns	Garlic powder
1 pkg. Broccoli		Onion powder
1 pkg. Green beans		Cajun seasoning
1 pkg. Sweet potato fries		Lawrey's seasoned salt
24 count Fish sticks		Coriander
24 oz. Bag Italian style beef meatballs	Household	1 pkg. Hidden Valley Ranch Dressing
		Cayenne
		Basil
		Cumin
		All-purpose flour
		Corn starch