



My Weekly Shopping List

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



Produce	Pantry	Meat
1-2 Lemons or limes	1 can Corn	1 lb. ground beef
2 Ripe peaches	2 - 10 oz. Cream of chicken soup	2-3 lb. Chuck Roasts
1 Ripe plum	1 Box Beef Broth	12 oz. Cajun style Andouille sausage
8-10 Ripe cherries	1 Box Spaghetti noodles	1.5 lbs. Boneless chicken thighs
Garlic	1 Box Instant mashed potatoes	2 lbs. Ground turkey
Ginger root	1 Jar Mezzetta pepperoncini peppers	
1 Med. Onion	Worcestershire sauce	
1 Red onion	1 - 6 oz. can French fried onion	
1 Container Mushrooms	1 - 28 oz. can Diced tomatoes	
Green Bell Peppers	1 box Chicken broth	Dairy
2 lbs. Green beans (or frozen)	Rice	
Celery	Soy sauce	Eggs
Fresh parsley	Bread Crumbs	Milk
Mint leaves	BBQ sauce	Butter
Corn on the cob	Hawaiian rolls	8 oz. Med. Cheddar cheese
4-6 lg. Potatoes	Farm style loaf bread	24 Slices Provolone cheese
Lettuce		Earth Balance Buttery Spread
2 Cucumbers	Herbs/Spices/Oils	Go Veggie Monterey Jack
Carrots		Olive oil
3-4 Tomatoes	Ground allspice	Sour cream
Frozen	Ground cinnamon	Household
	1 - 10 oz. Pkg. Spinach	
	Dried thyme	
	Bay leaves	
	Cajun seasoning mix	
	2 Pkg. Italian seasoning packs	
	Garlic powder	
	Minced dried onions	
	Poppy seeds	
	Cornstarch	
	Honey	
	Brown sugar	