





# 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>
2 Key limes (or us bottled juice)	soy sauce	8 boneless chicken breasts
1 med. mango	rice wine vinegar	1 lb. large frozen shrimp, deveined
1 firm peach	Sriracha Rooster sauce	1 lb. ground beef
1 avocado	Asian sesame oil	cooked chicken breast
1 lemon	white rice	bacon
1 jalapeno pepper	24 oz. spaghetti sauce	1 pound lean ground beef
scallions	Marsala Cooking wine	1 pound ground chuck
1 small onion	chicken broth	
1 sweet Vidalia onion	Worcestershire sauce	
2 medium red onion	ketchup	<b>Dairy</b>
garlic bulb	bread crumbs	Eggs
fresh rosemary	dinner rolls	Milk
fresh thyme	Italian bread	Butter
fresh ginger		mozzarella cheese slices
fresh cilantro	<b>Herbs/Spices/Oils</b>	blue cheese
1 medium eggplant	olive oil	
2 yellow squash	garlic powder	
1 medium zucchini	dried thyme	
1 lb. fresh broccoli	dried rosemary	
mushrooms	sugar-free maple syrup or agave nectar	<b>Household</b>
romaine lettuce	seasoned salt	
spinach leaves	dry parsley flakes	
tomatoes	black sesame seeds	
1—3 to 5 lb. Russet potatoes	crushed red pepper	
asparagus	dry mustard	
<b>Frozen</b>	Honey	
	sugar	
	cornstarch	