

My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 box penne pasta	2 skinless boneless chicken breast
1 avocado	1 box pearled couscous	1 lb. ground turkey or beef
	1 box rotini pasta	2 1/2 - 3 lbs. beef stew meat
2 garlic bulbs	beef broth	1 lb. ground beef
3-4 English cucumbers	ranch dressing	5 boneless skinless chicken breasts
2 pints cherry tomatoes	buffalo sauce	
Kalamata olives	2 cans Albacore tuna	
3-4 green bell peppers	1 can Campbell's Cheddar Cheese soup	Dairy
2-3 yellow and red peppers	mayonnaise	Eggs
4 sweet onions	mustard	Milk
14 oz. bag pepper stir fry mix	ketchup	butter
fresh parsley	relish	sour cream
fresh thyme	pickles	shredded Mexican blend cheese,
romaine lettuce leaves	15 oz. can chickpeas	8 oz. feta cheese
Iceberg lettuce	1 jar marinated roasted red bell peppers	pepper jack cheese thinly sliced
2-3 tomatoes	balsamic vinegar	4 slices Swiss cheese
carrots	Dijon mustard	sliced cheddar cheese
6 large potatoes	15 oz Salsa	parmesan blend grated cheese
mushrooms	10 oz. can Rotel tomatoes	4 slices provolone cheese
	soy sauce	shredded cheddar cheese
	Italian style bread crumbs	Herbs/Spices/Oils
	rice	olive oil
	Kaiser rolls	cumin
Frozen	Household	ground coriander
1 bag corn		red pepper flakes
1 bag peas		Chili powder
1 bag green beans		garlic powder
		1 pkg. taco seasoning
		Italian seasonings
		active dry yeast
		cornstarch
		all-purpose flour