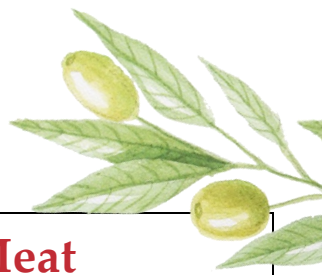




My Weekly Shopping List

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



Produce	Pantry	Meat	
1 lemon	2- 15 oz cans tomato sauce	16 oz. pre-cooked chicken or turkey breasts	
1 garlic bulb	4 cans chicken broth	3 lbs boneless chicken thighs	
1 yellow, or red onion	14 1/2 oz can tomatoes	3 lbs salmon steaks	
3 medium onions	coconut milk	1.5 lbs ground beef	
1 jar minced garlic	soy sauce	1 lb. chicken cutlets	
fresh basil	couscous		
1 lb. green beans	long grain white rice		
green bell peppers	Bisquick Mix		
4-5 sweet potatoes	italian bread		
fresh oregano	1 can cream of chicken soup	Dairy	
			eggs
			milk
			butter
			shredded mozzarella cheese
			grated parmesan cheese
Frozen	Herbs/Spices/Oils	Household	
1 bag cauliflower	olive oil		
frozen zucchini	sesame oil		
frozen fresh chard or spinach	ground curry powder		
frozen cheese tortellini	red pepper flakes		
frozen corn	chili garlic sauce		
mixed vegetables	brown sugar		
	cornstarch		
	sesame seeds		
	Italian seasoning		
	dried basil		