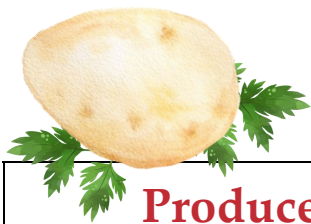


My Weekly Shopping List

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



| Produce | Pantry | Meat |
|-----------------------------|---------------------------------|-------------------------------------|
| 1 Avocado | 3 Cans black beans | 4-5 lbs. Boneless chicken (divided) |
| 2 Limes | Salsa | 3 Boneless chicken breasts |
| 3 Onions | 1 - 15 oz. can Fiesta Corn | 1 Pkg. Kielbasa |
| 1 Garlic bulb | 3.8 oz can Sliced black olives | 1 lb. Tilapia filets |
| 8 oz. Portobello or Shitake | Panko bread crumbs | |
| 1 Bag Potatoes | Soy Sauce | |
| 1 Serrano Chile | Hot Sauce | |
| Cilantro | Mayonnaise | Dairy |
| Baby spinach | Buffalo sauce | Butter |
| 2 Heads Romaine Lettuce | 1 lb. Box Macaroni pasta | Milk |
| 2 Sweet bell peppers | Fettuccine noodles | Eggs |
| Fresh or frozen broccoli | 2 - 10 Pack Flour Tortillas | Sour cream |
| Lettuce | Crusty French Bread | Shredded cheese |
| Tomatoes | | Queso Fresco |
| Cucumbers | | Parmesan cheese |
| 4 Yukon Gold Potatoes | | Mexican mix cheese, shredded |
| 1 Bunch Fresh Dill | | Parmesan cheese |
| Parsley | | 8 oz. sharp cheddar, |
| Carrots | | 6 oz. Monterey Jack |
| Celery sticks | | 4 oz. Blue cheese |
| | | |
| Frozen | Herbs/Spices/Oils | Household |
| | Olive oil | |
| | Cooking spray | |
| | Weber N'Orleans Cajun Seasoning | |
| | basil | |
| | oregano | |
| | Cumin | |
| | Mustard seeds | |
| | Red wine vinegar | |
| | Flour | |
| | | |