



My Weekly Shopping List



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

Produce	Pantry	Meat
Lime	1 can Cannellini beans	2 lbs. Ground beef
1 Persimmon	1 box Long-grain white rice	1 pkg. of 6 Brats
1-2 sm. Onion	1 box Beef broth	4 Chicken breasts (about 2 lbs.)
1 lg. Sweet onion	1 - 15 oz. can Pumpkin puree	1 ^{1/2} lbs. Lean beef stew meat
1 bulb garlic	1 - 24 oz. jar Pasta sauce	1 lb. Ground beef, or turkey
2 Zucchini	1 - 14.5 oz. can Hunt's® diced roasted tomatoes	Dairy
1 Yellow squash	1 - 8 oz. Refried Beans	Eggs
3 med. Green bell pepper	1 box Macaroni and cheese	Milk
1 lg. Red sweet bell pepper	1 box Plain bread crumbs	Butter
1 lg. Yellow sweet bell pepper	1 box Bow-tie pasta	Ricotta cheese
Cucumbers	1 - 5 oz. Rotel® tomatoes, green chiles	Parmesan cheese
Bean sprouts	White vinegar	8 oz. pkg. Cheddar Cheese, shredded
Carrots	1 jar Fish sauce	Guacamole
Lettuce	Sriracha or hot sauce	Sour cream
1 bunch or bag Fresh spinach	Soy sauce	Goat cheese
1 bag Mixed salad greens	Thai sweet chili sauce	
1 bunch Fresh basil	Peanut butter	Herbs/Spices/Oils
2 bunches Broccoli (or frozen)	Corn Taco Shells	Olive oil
Tomatoes	1 Bag ® Famous Long Potato Rolls	Bay leaves
Fresh Brussels sprouts		Onion powder
1 sm. bulb Fennel		Garlic powder
1 Fresh ginger root		Garlic salt
1 bunch Cilantro		Mrs. Dash® Garlic & Herb seasoning
Peanuts		1 pkg. Taco seasoning
1 bag Potatoes		Cinnamon
2 med. Beets		Cloves
4 oz. Hazelnuts		Nutmeg
Frozen	Household	Whole wheat flour
Garlic bread		All-purpose flour
Mixed vegetables		Cornmeal
Corn		Dark black strap molasses
		Honey
		Sugar