



My Weekly Shopping List

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



Produce	Pantry	Meat
1 - 2 lg. Onions	1 can Sliced pineapple	1 lb. Ground Italian sausage
1 Green pepper	2 - 15 oz. cans black beans	2 boneless skinless chicken breasts
1 bulb garlic (or a jar minced)	2 cans Corn	1.5 lbs. Pork stew meat
1-2 Green peppers	1 can Cannellini beans	7 lb. Ham
Celery	3 - 14.5 oz. cans Black beans	8 oz. pkg. diced ham (or leftovers)
Lettuce	1 - 32 oz. box Swanson Louisiana Cajun Broth	2.5 lbs. Boneless skinless chicken breast or thighs
Tomatoes	2 - 14 oz. jars Pizza sauce	2 lbs. Boneless pork chops
Grape tomatoes	3 - 32 oz. boxes Low-sodium chicken broth	Dairy
Carrots	1 box Rice	
Cucumbers	1 box Tri-colored pasta	2 doz. Eggs
Fresh cranberries	1 box Penne or rigatoni Noodles	Milk
1 bag Potatoes	1 - 2 can Cream of mushroom soup	Butter
1 pkg. Pecan halves	1 - 10.75 oz. can Cream of chicken soup	Cream cheese
	2 - 14.5 oz. cans diced Tomato w/ chilis	Colby jack cheese, shredded
	Miracle Whip	16 oz. bag cheddar cheese, shredded
	Yellow mustard	Sour cream
	1 jar Basil pesto	Ricotta cheese
	1 jar Salsa	Parmesan cheese
	1 pkg. French Fried Onions	Herbs/Spices/Oils
	1 pkg. Mini marshmallows	
	1 pkg. Tortillas	Olive oil
Frozen	Household	Bay leaves
1-2 pkg. green beans		Chili powder
32 oz. bag Tater tots		Ground cumin
		Cinnamon
		Nutmeg (whole)
		Garlic powder
		Oregano
		Vanilla extract
		Corn syrup
		Dark corn syrup
		Cornstarch
		Sugar
		Brown sugar