



My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lemon		3-4 Boneless, skinless chicken breasts
1 Garlic bulb	1 - 28 oz. can Crushed tomatoes	4 Salmon filets
2 lg. Onions	1 can Tomato sauce	2 lbs. Bacon
1 Purple onion	1 pkg. Barilla® no-boil lasagna	1 - 4-5 lb. Slab of pork ribs
1 Green bell pepper	1 can Sweet potato puree	Dairy
Zucchini	1 box Low sodium vegetable or chicken broth	Eggs
1 bag Carrots	1 - 15 oz. can Pinto beans	Milk 2%
3 stalks Broccoli	1 bottle Baby Ray's Hawaiian BBQ Sauce	Butter
1 med. Head Cauliflower	1 can Pineapple bits	16 oz. Heavy cream
1 bag Baby spinach leaves	1 - 14.5 oz. can Green beans	2 blocks Sharp cheddar cheese
4 large potatoes	Croutons	Parmesan cheese
Fresh dill	Yellow mustard	1 - 16 oz. tub Cottage cheese, low-fat
1 pkg. Cole slaw	1 1/2 to 2 lbs. Great Northern Beans, dried	1 bag Mozzarella or Italian cheese
	1 sm. bottle Ketchup	Sour cream
	1 bottle Cooking sherry or wine	Mexican blended cheese
	Hoagie Rolls	
Frozen	Herbs/Spices/Oils	Household
Garlic bread	Olive oil	
1 bag Meatballs	Lawrey's® Seasoned Salt	
1 Pkg. Tater tots	Bay leaves	
	Garlic Powder	
	Nutmeg	
	Smoked paprika	
	Dry mustard	
	Italian seasoning blend	
	Parsley	
	Ranch Seasoning	
	Liquid smoke	
	Baking powder	
	Cornstarch	
	A.P. flour	
	Sugar	
	Brown sugar	
	Coconut flour	