

My Weekly Shopping List

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



| Produce | Pantry | Meat |
|--------------------------------|---------------------------------|-------------------------------------|
| 2 Lemons | 1 jar Spaghetti sauce | 1 lb. Ground beef or turkey |
| 2 Garlic bulbs | 1 pkg. Lasagna noodles | 6 boneless, skinless Chicken thighs |
| 2-3 Yellow onions | 1 box Chicken broth | 2 lbs. Ground beef (divided) |
| 1-3 lg. Green bell peppers | 1 box Beef broth | 1 Rotisserie chicken |
| Fresh basil, thyme and oregano | 2 cans Tomato paste | |
| 1 pkg. Potatoes | 1 - 15.5 oz. can Chick peas | |
| 4 med. Sweet potatoes | 1 - 15.5 oz. can Kidney beans | |
| Celery | 1 - 15.5 oz. can Black beans | Dairy |
| Carrots | 1 - 28 oz. can Chopped tomatoes | |
| 1-2 med. Zucchini | Salsa | |
| 1 pkg. Baby spinach | Worcestershire sauce | |
| Lettuce | Orange marmalade | |
| Romaine lettuce | Applesauce | |
| Tomatoes | Caesar salad dressing | |
| Pine nuts | Croutons | |
| Honey | All-purpose flour | |
| | Cornmeal | |
| | Balsamic Vinegar | |
| | 1 Bottle dry red wine | |
| | Tortillas | |
| Frozen | Herbs/Spices/Oils | Household |
| Breadsticks | Olive oil | |
| 1 pkg. Mixed vegetables | Oregano | |
| | Onion powder | |
| | Italian seasoning | |
| | Parsley flakes | |
| | Chili powder | |
| | Cayenne pepper | |
| | Dried rosemary | |
| | Dried thyme | |
| | Garlic powder | |
| | 2 pkgs. Fajita seasoning mix | |
| | Baking powder | |
| | Cornstarch | |
| | Brown sugar | |