





# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
1 Lemon	1 - 14 oz. can Diced tomatoes	1 lb. boneless Beef Round Steak
Garlic	1 - 8 oz. can Tomato sauce	1.5 lbs. Boneless chicken
2 med. Onions	Brown rice	1 1/2 lbs. skinless White fish fillets
1 sm. Red onion	Sun-dried tomatoes in olive oil	1-2 lbs. lean Ground beef
2 Green bell peppers	1 can Artichoke hearts	4 Chicken breasts
1 pkg. Potatoes	1 can Cream of chicken soup	1.5 lbs. lean Beef stew meat
5 Zucchini	1 can Cannellini beans	
1 sm. Yellow squash	1 - 14.5 oz. Diced roasted tomatoes	<b>Dairy</b>
Asparagus	1 box Bow tie pasta	Eggs
Cucumbers	1 jar pitted Kalamata olives	Milk
1 pint Grape tomatoes	Italian bread crumbs	Butter
Fresh flat-leaf parsley	Quick cooking tapioca	Mexican blend cheese
Fresh oregano	1 jar Roasted red bell peppers	Feta cheese
Baby spinach	Ketchup	Tzatziki sauce
	Worcestershire sauce	
	Red wine vinegar	
	Tamari soy sauce	
	1 box low-sodium Beef broth	
	Pineapple juice	
	12 (6-in.) flour tortillas	
	Dinner rolls	
	Sesame seeds	
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
1 pkg. Peas & carrots	Olive oil	
1 pkg. Mixed vegetables	Sesame oil	
Garlic bread	Dried oregano	
	Cajun seasoning	
	Dried thyme	
	Mrs Dash Garlic & Herb seasoning	
	Ground ginger	
	Garlic powder	
	Bay leaves	
	Honey	
	Arrowroot powder or cornstarch	