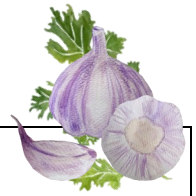


My Weekly Shopping List

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



Produce	Pantry	Meat
Lemons (or juice)	1 - 14.5 oz. can Diced tomatoes	8 Boneless, skinless, chicken breasts
Limes (or juice)	1 - 15 oz. can Cannellini beans	1 lb. Smoked kielbasa sausage
Garlic bulb	1 - 12 oz. can Pineapple chunks	3-4 lbs. Boneless beef rump roast
1 bag White or sweet onions	1 - 16 oz. can Refried beans	3 lbs. Ground beef
1 knob Fresh ginger	2 - 10 oz. cans Enchilada sauce	15-20 Lg. shrimp peeled and deveined
Green onions	2 - 8 oz. cans Tomato sauce	7 lb. ham
1 bunch Asparagus	1 sm. can Tomato paste	
Tomatoes	1 can Coconut milk	
Lettuce	1 can Sliced pineapple	Dairy
1 bag Potatoes	3 jars Heinz® beef gravy	Eggs
1 head Cabbage	1 jar Maraschino cherries	Milk
1 bag Carrots	1 - 24 oz. box Chicken broth	Butter
	1 box or bag Long grain rice	Buttermilk
	Hellmann's® Real Mayonnaise	2 lbs. Mexican blend cheese
	Soy sauce	
	Cider vinegar	
	White vinegar	
	2 liter Root beer	
	Barbecue sauce	
	Dinner rolls	
	Hamburger, or other sandwich bun	
	16 small Flour tortillas	
Frozen	Herbs/Spices/Oils	Household
1 bag Broccoli florets	Olive oil	
1 bag French fries	Light cooking oil	
1 bag Sweet corn	Ground red pepper	
	Chili powder	
	Red chili flakes	
	Ground ginger	
	Bay leaves	
	Turmeric powder	
	Cumin	
	Cornstarch	
	Light brown sugar	
	Sugar	
	Honey	