



My Weekly Shopping List

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



Produce	Pantry	Meat
1-2 Lemons	1 box Long grain white rice	8 boneless skinless chicken breasts
Fresh fruit (your favorites)	1 pkg. Lo-mein noodles	8 skinless boneless chicken thighs
Mandarin oranges	1 box Fettuccine noodles	1 lb. Salmon filets
Apples	1 box Low-sodium chicken broth	1.5 lbs. Chicken (pre-cooked, or you can cook some chicken breasts)
1 bulb Garlic	1 box Low-sodium beef broth	1.5 lbs. Ground beef
2 lg. Onions	1 jar Better than bullion, Beef	1 lb. Beef steak, any cut
Green onions	1 bottle Cayenne pepper sauce	Bacon
Tomatoes	1 - 14 oz. can Red enchilada sauce	
Carrots	1 jar Roasted green chiles	Dairy
2-3 heads Broccoli florets	1 jar Pesto	
Fresh rosemary	1 can Black beans	Eggs
	2 cans Whole cranberry sauce	2% Milk
	1 can Stewed or diced tomatoes	Butter
	Barbecue Sauce	Heavy cream
	Soy sauce	Parmesan cheese
	Potato chips	Light sour cream
	Tortilla chips, baked	4 oz. Sharp cheddar cheese
	1 pkg. Bread	4 oz. Monterey Jack cheese
		Sliced, American cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. Green beans	Olive oil	
	Vegetable oil	
	Sesame oil	
	Paprika	
	Garlic powder	
	Onion powder	
	Dry minced onion	
	Cumin	
	Italian seasoning	
	1 envelope Lipton® onion soup mix	
	Cornstarch	
	A.P. Flour	