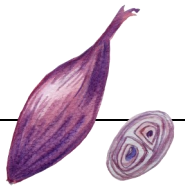


My Weekly Shopping List

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



Produce	Pantry	Meat
Cantaloupe	1 pkg. Quick barley or barley pearls	1 Rotisserie chicken
1-2 Limes	1 box Instant rice	1.5 to 2 lbs. Beef stew meat
2 Lemons	2 boxes Beef broth	1 pkg. Smoked sausage
Strawberries	1 box Chicken broth	1 lb. Boneless, skinless chicken breasts
Avocado	1 jar Pimentos	2 Baby back rib racks
1 bulb Garlic	1 can Great northern beans	1 lb. Bacon
1 pkg. Onions	Mayonnaise	
1 Red onion	Ketchup	
Carrots	1 bottle Liquid smoke	Dairy
Celery	Apple cider vinegar	Eggs
2-3 Sweet Bell peppers (any color)	Tortillas	Milk
1 head Cabbage		Butter
Baby spinach		Buttermilk
3 small Zucchini	Herbs/Spices/Oils	Fresh Parmesan cheese
3 small Yellow squash	Olive oil	Cheddar cheese, shredded
Fresh rosemary	Shortening	Feta cheese
Fresh thyme	2 envelopes Fajita seasoning mix	
Fresh parsley	Bay leaves	
	Garlic powder	
	Dry mustard	
	Onion powder	
Frozen	Applewood Pork Rub	Household
1 box SeaPak® Shrimp Scampi	Poppy seeds	
1 pkg. Broccoli florets	Molasses	
	Honey	
	Sugar	
	Brown sugar	
	Baking soda	
	Baking powder	
	Cornstarch	
	All-purpose unbleached flour	