



My Weekly Shopping List

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



Produce	Pantry	Meat
1 Pineapple	1 can Pineapple bits	4-6 boneless skinless chicken breasts
1 Key lime (or juice)	1 - 15 oz. can Peaches, light syrup	3/4 lbs. Ground beef
2 Lemons	1 can Refried beans	1 lb. Salmon filets
Grapefruit	1 can Red enchilada sauce	1 lb. 80% Lean ground beef
Apples	1 - 15 oz. can Tomato sauce	4 bone-in Pork chops (or 6 boneless)
Bananas	1 jar Black olives	
Strawberries	1 can Sweet corn	
1 Garlic bulb	1 box Rice	
1 sweet Vidalia onion	Stubbs® Citrus Onion Marinade	Dairy
Green onions	Stubbs® Original BBQ sauce	Eggs
1 Red onion	Soy sauce	Milk
Lettuce	1 pkg. Egg noodles	Butter
1 bunch Asparagus		Cheddar cheese, shredded
2-3 Tomatoes		Monterey Jack, shredded
2 Yellow squash	Hamburger buns	Parmesan cheese
1 medium Zucchini	8 Tostado shells	
1 medium Eggplant		
1 Red pepper		
Fresh thyme		
Fresh rosemary		
Fresh basil		
Fresh cilantro	Herbs/Spices/Oils	Household
1 knob Fresh ginger	Extra Virgin Olive Oil	
	Vegetable oil	
	Chili powder	
Frozen	1 envelope Taco seasoning	
1 pkg. Peas and carrots	Seasoning salt	
Sweet potato fries	Garlic powder	
1 pkg. Broccoli florets	Red pepper flakes	
	Brown sugar	
	Honey	
	Cornstarch	