



# 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>
Apples	1 box Bow-tie pasta	6 Boneless, skinless chicken breasts
Strawberries	1 pkg. Quinoa	3 lbs. Ground beef, divided (2 lb. & 1 lb.)
1 Garlic bulb	1 box Stuffing mix	4 oz. White fish
2-3 med. Onions	1 can Cream of Mushroom, condensed	1 lb. Mixed seafood (clams, shrimp, scallops, calamari)
1 med. Sweet onion	1 lg. box Chicken stock	
2 Jalapeno peppers	2 - 15 oz. cans Black beans	
Tomatoes	1 - 14.5 oz. can Tomatoes, diced	
1 pint Cherry tomatoes	1 jar Pasta sauce	
Carrots	All fruit jelly	
Celery	Ketchup	<b>Dairy</b>
1 med. Potato	Yellow mustard	Eggs
Lettuce	Worcestershire sauce	Milk
2 lg. Cucumbers	Balsamic vinegar	Butter
1 Red bell pepper	Apple cider vinegar	Buttermilk
3 sm. Yellow squash	Dry white wine	Sour cream
2 bunches Baby spinach	Buns	Swiss cheese, slices
1 head Iceberg or Butter lettuce	<b>Herbs/Spices/Oils</b>	1 block Sharp cheddar cheese
1 bunch Fresh Basil	Olive oil	1 tub Ricotta cheese
1 bunch Fresh Oregano	Sea salt	Parmesan cheese
1 bunch Fresh Thyme	Paprika	
1 bunch Fresh Cilantro	Seasoned salt	
	Chili powder	
<b>Frozen</b>	Ground cumin	<b>Household</b>
2 pkgs. Sweet corn	Dried oregano	
1 pkg. California blend veggies	Dried basil	
French fries	Garlic powder	
	Onion powder	
	Honey	
	Brown sugar	
	Sugar	
	Baking powder	
	Baking soda	
	All-purpose flour, unbleached	