





# 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>
Cantaloupe	1 box thin Spaghetti or angel hair	1.5 lbs. Ground beef
	1 box Bow-tie pasta	
1 Lemon	2 - 53 oz. cans Van Camps® Pork and Beans	2-3 lbs. Chicken breasts, boneless
1 bulb Garlic	1 - 15 oz. can Le Sueur® Very Young Small Sweet Peas	4 lbs. Pork ribs, boneless
3 lg. Onions	1 - 15 oz. can Le Sueur Very Young Small Sweet Peas,	1.25 lbs. Wild Salmon filets
1-2 bunches Scallions	16 oz. Chicken or vegetable stock	1 pkg. Hotdogs
1 Green pepper	1 pkg. Long-grain rice	1 lb. Bacon
1 Green pepper	1 jar Sun-dried tomatoes in olive oil	
1 Jalapeno pepper	2 cans Mexican stewed tomatoes	
2 Tomatoes	1 can Black or pinto beans	
Cucumbers	Soy sauce	
Carrots	Hoisin sauce	
Lettuce	Rice wine vinegar	
1 head Cabbage	1 bottle Sweet Baby Ray's® BBQ sauce	<b>Dairy</b>
1.5 lbs. Fingerling potatoes	Yellow mustard	2 dozen Eggs
4 Beets	Heinz® ketchup	Milk
1 knob Fresh ginger	Hellmann's® Real Mayonnaise	Butter
2 pkg. Fresh Basil leaves	1 box Corn muffin mix	Half & Half
		Buttermilk
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	Sour cream
1 pkg. mixed vegetables	Olive oil	Pepper Jack or Cheddar, shredded
1 pkg. broccoli	Sesame oil	Parmesan chees, wedge
	Dried turmeric	1 box Velveeta cheese
	Dried oregano	
	Chili powder	<b>Household</b>
	Dry mustard	
	Garlic powder	
	Ground cumin	
	Hot Paprika	
	Brown sugar	
	Sugar	