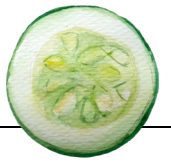


# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
1 Lemon	1 lb. box Spaghetti noodles	2 to 3 lbs. boneless Chicken breast
Red, green, yellow and bell peppers (2-3 each)	1 - 12 oz. Tri-colored Pasta	2 - 3 lb. Pork shoulder or pork loin, boneless
1 Garlic bulb	1 box Rice	3.5 lbs. Ground beef (divided, 2 & 1.5 lb. packs)
1 knob Fresh, ginger	1 - 48 oz. can Pasta sauce	1 1/2 to 2 lbs. uncooked shrimps, peeled and deveined
1 bunch Green onions	2 - 15 oz. cans Black beans	1 Rotisserie chicken
1 lg. Onion	1 jar Salsa Verde	
1 Sweet Vidalia onion	1 can Green chilies	
1 med. Eggplant	2 - 15 oz. cans Pinto beans	
Celery	1 jar Black olives	
Carrots	1 jar Green olives	
Cucumbers	1 bottle Zesty Italian dressing	
Cherry tomatoes	1 box Rice	
Tomatoes	Mayonnaise	
Lettuce	1 jar Sweet relish	<b>Dairy</b>
Potatoes	1 can Parmesan cheese	Eggs
2 Yellow squash	Soy sauce	Milk
1 med. Zucchini	Hoisin sauce	Butter
2 lg. bunches Fresh Cilantro	Rice wine vinegar	Sour cream
1 pkg. Fresh Rosemary	Dry white wine	Shredded Mexican or Cheddar cheese
	Tortillas	16 oz. Mozzarella cheese, shredded
	Croissants	
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
Egg rolls	Olive oil	
Fried rice	Sesame oil	
Garlic bread	Ground cumin	
Stir-fry vegetables	Oregano	
Broccoli florets	Chili powder	
	Celery seeds	
	Sesame seeds	
	Dried red pepper flakes	
	Brown sugar	
	Honey	
	Cornstarch	