





# My Weekly Shopping List

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



Produce	Pantry	Meat
1 Watermelon	1 bottle Jamaican jerk marinade	4 Chicken breasts, boneless
1 Lemon	1 bottle Louisiana hot sauce	
1 Pineapple	1 box Long-grain rice	3 lbs. Ground beef, divided
1 Avocado	1 can Coconut milk	1 lb. Bacon
2 lg. Onions	1 can Black beans	1.5 lbs. Florida pink Gulf shrimp, de-headed
1 Red onion	1 can Rotel® original diced tomatoes	
1 Serrano or Jalapeno pepper	1 - 10 oz. can Cream of celery soup	<b>Dairy</b>
Garlic bulb	1 pkg. Walnut halves	Eggs
1 bunch Asparagus	1 can Cashews (or almonds)	Milk
Lettuce	1 can Almonds	Butter
2-3 Tomatoes	1 pkg. Coconut, shredded	48 oz. Cheddar cheese, shredded
1 pkg. cherry or grape tomatoes	1 pkg. Cranberries, dried	1 - 8 oz. container dairy free yogurt or kefir
1 lg. pkg. Carrots	1 - 15 oz. can Cannellini beans	
1 pkg. Celery	1 - 15 oz. can Garbanzo beans	<b>Herbs/Spices/Oils</b>
Corn on the cob	1 - 15 oz. can Dark red kidney beans	Extra Virgin Olive oil
1 bunch Fresh parsley	1 - 14 oz. can Golden wax beans	Kosher salt
1 knob Fresh ginger	1 - 14 oz. can Green beans, cut	Turmeric
	Worcestershire sauce	Dried onion
<b>Frozen</b>	Yellow mustard	Garlic powder
1 pkg. French fries	Ketchup	Chili powder
1 lg. bag Tater tots	Hellmann's® Real Mayonnaise	Creole seasoning
	Creamy salad dressing (any variety)	Jamaican jerk spice seasoning
	White vinegar	Garam Masala
<b>Household</b>	White cooking wine	Ground cumin
	Apple cider vinegar	Ground coriander
	1 pkg. Whole wheat bread, or sprouted grain bread	Cayenne pepper
	Hamburger buns	Sugar
	Dinner rolls	Brown sugar