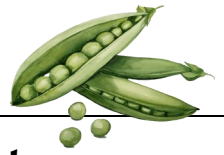




My Weekly Shopping List

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



Produce	Pantry	Meat
2 Lemons	2 - 24 oz. jars Marinara sauce	1 - 5 oz. bag Mini pepperoni
1 Garlic bulb, or jar minced	3 - 10 oz. cans Enchilada sauce	1.5 lbs. Pre-cooked chicken
1 sm. & 1 med. Sweet onion	1 - 15 oz. can Black beans	2 Salmon filets (skin-on)
Spring onions	1 - 15 oz. can Fiesta corn	1/2 lb. Smoked turkey slices, deli
1 Red bell pepper	1 - 3.8 oz. can Black olives, sliced	4 Chicken breasts, boneless, skinless
1 pkg. Baby spinach leaves	1 jar Salsa, (your favorite variety)	2.5 - 3 lb. Eye of Round, pot roast
Lettuce	Teriyaki sauce	
Tomatoes	Tahini sauce	
1 pint Cherry tomatoes	Sesame seeds	
Carrots	1 pkg. Rice noodles	
Radishes	Hidden Valley® Cucumber Ranch dressing	Dairy
3 sm. - med. Yellow squash	1 box Rice, jasmine or white	Eggs
2 Cucumbers	1 pkg. Egg noodles	Milk
1 bunch Fresh cilantro	1 jar Pickles, sandwich slices	Butter
1 bunch Fresh thyme	Au Jus Gravy Mix	Sour cream
1 bunch Fresh rosemary	1 jar Pepperoncini peppers	8 oz. Mozzarella cheese, shredded
	Garden spinach wraps	1 wedge Parmesan cheese
	Sub buns or slider rolls	1pkg. Cheddar cheese, shredded
		1 pkg. Cream cheese
Frozen	Herbs/Spices/Oils	Household
1 pkg. Peas	Olive oil	
1 lg. pkg. Meatballs	Sesame oil	
1 pkg. Green beans	Ground cumin	
	Italian seasoning	
	Ground coriander	
	Ground Fenugreek	
	1 envelope Ranch dressing	
	Cornstarch	