



My Weekly Shopping List

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



Produce	Pantry	Meat
2 bulbs Garlic	1 box Rice	1 lb. Raw shrimp, peeled & de-veined
3 Onions (1 sm., 1 med., 1 lg.)	2 - 1 lb. boxes Pasta (your choice)	1 lb. Bacon
10 - 15 Tomatoes	1 pkg. Linguine	1 lb. Lean ground beef
1 Green bell pepper	Whole wheat breadcrumbs	2 lb. Ground beef, divided
2 Red bell pepper	1 can Great northern beans	2 med. to lg. Chicken breasts
1 pint Mushrooms	1 can Cannellini beans	
1 bag Carrots	2 cans Black beans	
1 bunch Asparagus	1-2 cans Green chilies, chopped	Dairy
1 bunch Broccoli	2 cans Diced tomatoes	
1 bag Snow peas	1 lg. can Chicken broth	Eggs
1 med. Eggplant	1 - 32 oz. box Chicken broth	Milk
1 pkg. Red or golden potato	1 sm. can Corn	Butter
1 head Lettuce	1 can Water chestnuts (or 1 Jicama)	Cheddar or Colby Jack cheese, sliced
1-2 Cucumbers	Soy sauce	4 oz. Smoked gouda
1 bunch Celery	Rice wine vinegar	1 wedge Parmesan cheese
1 bunch Cilantro	Applesauce	1 tub Greek yogurt, plain, nonfat
Herbs/Spices/Oils	1 loaf Crusty French bread	1 pkg. Cheese, shredded
Olive oil	1 loaf Bread	
Sesame oil	1 bottle Red wine	
Vegetable oil		
Avocado oil		
Himalayan pink salt		
Ground ginger		
Ground cinnamon	Frozen	Household
Ground nutmeg		
Ground allspice	1 pkg. Green beans	
Dried oregano	1 pkg. Broccoli	
Dried thyme		
Dried parsley		
Bay leaves		
Paprika		
21 Seasoning blend		
Brown sugar		
Cornstarch		
All purpose flour		