



My Weekly Shopping List

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



Produce	Pantry	Meat
1 avocado	1 box white rice	2 lbs. beef stew meat
1 lime	1 lb. box penne pasta	1 lb. ground beef
1 lemon	1 box egg noodles	4 boneless, skinless chicken breasts
2-3 shallots	1 box beef broth	12 oz. Cajun style andouille sausage
1 garlic bulb	1 box chicken broth	1 lb. large peeled & deveined shrimp
3 med. onions	1 bottle oyster sauce	6 skin-on chicken thighs
1 pint cremini mushrooms	1 bottle soy sauce	
carrots	1 jar Hellmann's® Real Mayonnaise	
2 cucumbers	1 box Italian seasoned bread crumbs	
1 head of lettuce	1 - 16 oz. can creamed corn	
2 tomatoes	1 jar taco sauce	
1 med. green bell pepper	1 - 24 oz. jar Ragu Parmesan & Romano sauce	Dairy
1-2 yellow squash	1 - 40oz can diced green chilies	eggs
1-2 zucchini	1 - 28 oz. can diced tomatoes	milk
1-2 bunches broccoli	1 jar artichokes hearts	butter
1 bunch celery	1 bottle white wine	sour cream
whole Kalamata olives	bakery bread (dill rye recommended)	Mexican blend or cheddar cheese, shredded
corn on the cob		1 wedge parmesan cheese
1 knob fresh ginger		
1 bunch fresh parsley		
1 bunch bay leaves	Herbs/Spices/Oils	
1 bunch fresh tarragon	olive oil	
1 bunch fresh dill	sesame oil	
Frozen	vegetable	Household
1 pkg. broccoli	dried dill weed	
	Cajun seasoning	
	brown sugar	
	cornstarch	
	self-rising cornmeal	