



My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 box white rice	Christmas dinner turkey, ham, or other favorite meat
1 bulb of garlic	1 - 28 oz. can whole tomatoes	1 - 2 lbs. chicken breasts, boneless
2-2 sm. to med. onions	1 - 14.5 oz. can stewed tomatoes	1-2 chicken breasts (or use a pre-cooked rotisserie chicken)
green onions	2 - 15 oz. can dark kidney beans	2 lbs. ground beef
red and green bell peppers	2 lg. boxes chicken broth	4-5 lb. pork shoulder, boneless
black olives, (or use canned)	1 jar Alfredo sauce	1 lb. whole tilapia filets
1 knob fresh ginger	1 - 20 oz. can pineapple chunks in juice	
Favorite vegetables for a veggie tray	hoisin sauce	Dairy
1 head red cabbage	soy sauce	eggs
1 celery stalk	rice wine vinegar	milk
		butter
		8 oz. parmesan cheese, shredded
		8 oz. mozzarella cheese, shredded
		1 can Pillsbury® pizza dough
Frozen	Herbs/Spices/Oils	Notes
1-2 pkgs. sweet corn	olive oil	<i>Be sure to list any additional needed ingredients for your holiday celebration</i>
1 pkg. mixed peas and carrots	sesame oil	
2 - 10 oz. pkgs. white rice	red pepper flakes	
	bay leaves	
	Chinese 5 spice	
	2 pkgs. Chili-O® chili seasoning	
	paprika	
	cornstarch	
	orange blossom honey	