



My Weekly Shopping List

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



Produce	Pantry	Meat
2 Lemon	1 lg. box Seashell pasta	2 large boneless chicken breasts
1 lg. Apple	1 box Rice	1 lb. Bacon
1 Garlic bulb	2 cans Tuna	3 1/2 lbs. Chicken thighs or boneless breasts
1 lg. & 1 sm. Sweet onion	Chicken stock	3.5 lbs. Boneless pork
1 Yellow onion	1 lg. box Chicken broth	2-3 lbs. Ground beef
1 bunch Green onions	Maple Syrup	
1 lg. Tomato	Pumpkin seeds	
Potatoes	Pumpkin Puree	
1 bag Carrots	2 cans cream of mushroom or cream of celery soup	Dairy
Roman or Boston lettuce	Mustard	
	Dijon mustard	Eggs
	Balsamic vinegar	Milk
	Panko bread crumbs	Half and half or coconut milk
	Italian style breadcrumbs	Butter
	Liquid smoke	Kraft® Triple Cheddar cheese
	1 envelope Dry Onion soup	12 oz. Smoked Gouda cheese
	Tzatziki sauce	
	1 pkg. Pitas	
	Potato chips	
Frozen	Herbs/Spices/Oils	Household
French fries	Olive oil	
Frozen peas	Dry dill	
	Italian seasonings	
	Cajun seasoning	
	Ground cinnamon	
	Ground nutmeg	
	Dried parsley	
	Aus ju Gravy Mix	
	Sugar	
	Dark brown sugar	
	All-purpose flour	
	Fleischmann's® Rapid Rise Yeast	