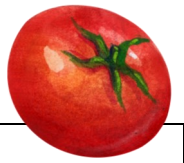




My Weekly Shopping List

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



Produce	Pantry	Meat
1 lemon	1 pkg. white or brown rice	8-10 chicken drumsticks
1 bunch green onions	1 pkg. long grain white rice	2 - 2 ½ lbs. beef flank steak
2 sm. & 1 med. onions	1 jar spaghetti sauce	2 lbs. tilapia filets
1 green bell pepper	2 - 32 oz. boxes chicken broth	4 andouille sausage
1 garlic bulb	1 - 6 oz. can extra large olives	4 boneless skinless chicken breasts
1 fresh ginger root	1 - 12 oz. pkg. dried red beans	
baking potatoes (1 per person)	1 can of cream of mushroom soup	
2 - 12 oz. pkgs. Heirloom grape tomatoes	2 cups boxed stuffing mix	Dairy
1 head broccoli	mayonnaise	eggs
1 bunch celery	soy sauce	milk
1 pkg. salad mix	balsamic vinegar	butter
5 med. yellow squash	1 pkg. cashews	sour cream
4 med. zucchini	1 pkg. bread crumbs	1 - 8 oz. ball fresh mozzarella
1 bag potatoes		1 lb. block mozzarella cheese
lettuce		1 - 16 oz. tub ricotta cheese
cucumbers	Herbs/Spices/Oils	1 pkg. cheddar or Colby jack cheese, shredded
1 pkg. shredded carrots	olive oil	1 wedge parmesan cheese
1 bunch fresh basil	dried parsley	4 slices of Swiss cheese
1 bunch fresh thyme	oregano	
1 bunch fresh rosemary	paprika	
1 bunch fresh oregano	dried basil	
Frozen	onion powder	Household
1 pkg. sweet potato fries	garlic salt	zip bags
1 pkg. egg rolls	seasoned salt	
	red pepper flakes	
	dark brown sugar	
	cornstarch	
	bay leaves	
	cornmeal	
	all-purpose flour	