

SHOPPING LIST FOR TWO WEEKS OF DELICIOUS DINNERS

(Approximately \$60 per week)

MEAT AND POULTRY

- 6 pack of chicken drumsticks
- 1 lb. chicken breasts, 1 lb. thighs
- 1 package diced ham
- 1 - 1lb. ground turkey
- 2 - 1lbs ground beef

GRAINS

- 28-oz box Instant White Rice
- 1 package Quinoa
- 1 package tortilla strips
- 1 8 oz. package linguine pasta
- 1 lb. penne pasta
- 1 package ditalini or other small pasta

JAR AND CANNED FOODS

- 1 jar of Sundried tomatoes
- 1 jar of Marinara Sauce
- 1 can chili beans
- 1 can diced green chilies
- 1 can green enchilada sauce
- 1 can crushed plum tomatoes
- 2 cans diced tomatoes
- 2 cans of corn
- 2 cans of chickpeas
- 3 cans cannellini beans
- 3 cans of black beans
- 5 - 14.5 oz. cans chicken or vegetable broth

MISCELLANEOUS

- Eggs
- 1 package tortilla strips
- 3 packages Ramen noodles (any flavor)

FRUITS AND VEGGIES

- 1 bag frozen mixed veggies
- 1 bag frozen peeled edamame
- 1 package shredded lettuce
- 1 ginger root (peel, cube, and freeze remainder for later use)
- 1 package broccoli
- 1 package of spinach
- 1 Jalapeño pepper
- 1 package of baby carrots
- 1-2 avocados
- 2 bunches of green onions
- 2 bell peppers
- 2 heads of garlic
- 2 White Onions
- 2 Shallots
- 2 Roma tomatoes
- 2 bunches of cilantro
- 3 - 8 oz. packages of white mushrooms
- 3 limes
- 2 lbs. potatoes of any kind

DAIRY

- Milk
- 1 package Parmesan cheese
- 1 package Mexican cheese
- 1 package Cheddar cheese
- 1 package Mozzarella cheese
- 1 package Provolone cheese
- 1 - 14 oz container sour cream