

Pantry List

- Dry Goods
 - Flour 5 pound bag
 - Sugar 5 pound bag
 - Baking powder 16 ounce jar
 - Baking soda 10 ounce box
 - Rolled oats 42 ounce can
 - Whole wheat bread 1 loaf
 - Low sodium chicken broth 3 –14 ounce cans
 - Peanut butter 18 ounce jar
 - Cooking spray 1 can
- Spices and seasonings
 - Iodized salt 26 ounce container
 - Pepper 4 ounce jar
 - Vanilla extract 2 ounce jar
 - Cinnamon 1.75 ounce jar
 - Italian seasoning mixture 1 ounce jar
 - Chili powder 2 ounce jar
 - Garlic powder 3 ounce jar
- Condiments
 - Ketchup 14 ounce bottle
 - Mustard 16 ounce bottle
 - Lite mayonnaise 32 ounce jar
 - Apple cider vinegar 32 ounce bottle
 - Vegetable oil 48 ounce bottle
 - Lemon juice 15 ounce bottle
- Dairy
 - Eggs 18 count
 - Fat free or low fat milk 1 gallon
 - Butter 1 pound box
- Fresh fruit
 - Bananas 2 pounds
 - Grapes 2 pounds
 - Apples 2 ½ pounds
 - Oranges 2 ½ pounds
- Fresh vegetables
 - Carrots 2 pounds
 - Onions 3 pounds
 - Celery 1 bunch
 - Tomatoes 1 pound

Weekly Grocery List

- Produce
 - Potatoes 5 pounds
 - Green onions 1 bunch
 - Romaine lettuce 1 head
 - Green leaf lettuce 1 head
- Meat and Dairy
 - Whole chicken 1 – 4 pound
 - Ground beef 2 ½ pounds
 - Pork chops 2 pounds
 - Mozzarella cheese 8 ounce block
 - Cheddar cheese 16 ounce block
- Frozen Food
 - Frozen broccoli 16 ounce bag
 - Frozen peas 16 ounce bag
 - Frozen mixed vegetables 32 ounces
 - Frozen spinach 10 ounces
 - Frozen Asian vegetable mix 16 ounces
 - Frozen whiting fish filets 2 pounds
 - Frozen chicken breasts 2 pounds
- Dry Goods
 - Black beans 15 ounce can
 - Pinto beans 15 ounce can
 - Tuna 3 cans
 - Green chili, chopped 2 –4 ounce cans
 - Crushed tomatoes 14 ounce can
 - Corn kernels 8 ounce can
 - Pasta sauce 26 ounce jar
 - Angel hair pasta 16 ounce box
 - Spaghetti 16 ounce box
 - Egg noodles 16 ounce bag
 - Rice 2 pounds
 - Hamburger buns 1 bag
 - Tortillas 24 count bag
 - Breadcrumbs 10 ounce can
 - Salsa 16 ounce jar
 - Light soy sauce 10 ounce bottle
 - Pizza crust mix 1 box

Whole Chicken Meal Options

Whole chicken
Potatoes
Frozen broccoli

Meal One:

Roasted chicken
Roasted potatoes
Steamed broccoli

Meal Two:

Chicken pot pie

Meal Three:

Chicken sandwich
Tomato slices
Carrot sticks

Meal Four:

Chicken soup

Bean Meal options

Canned black beans	Frozen peas
Canned pinto beans	Cheddar cheese
Rice	Salsa
Flour tortillas	

Meal One:

Bean and rice soup

Meal Two:

Bean burrito
Spanish rice

Meal Three:

Bean hash with scrambled egg
Steamed rice

Meal Four:

Quesadilla
Spanish rice

Ground Beef Meal Options

Ground beef	Mixed greens
Hamburger buns	Potatoes
Cheddar cheese	Salsa
Spaghetti	Breadcrumbs
Pasta sauce	Flour tortillas

Meal One:

Burger
Mixed green salad

Meal Two:

Spaghetti Bolognese

Meal Three:

Taco salad
Baked tortilla chips

Meal Four:

Meat loaf
Mashed potatoes
Mixed green salad

Canned Tuna Meal Options

Canned tuna	Green onion
Egg noodles	Mixed greens
Breadcrumbs	Cheddar or mozzarella cheese
Frozen mixed vegetable	Hamburger buns

Meal One:

Tuna noodle casserole

Meal Two:

Tuna salad sandwich
Carrot and celery sticks

Meal Three:

Green salad with tuna

Meal Four:

Tuna burger
Mixed green salad

Pork Chops Meal Options

Pork chops	Frozen mixed vegetables
Rice	Green chili
Potatoes	Flour tortillas
Soy sauce	

Meal One:

Seared Pork chops
Mashed potatoes
Steamed vegetable medley

Meal Two:

Pork fried rice

Meal Three:

Green chili stew
Tortilla

Meal Four:

Pork wrap

Frozen Fish Filets Meal Options

Frozen fish	Canned corn
Flour tortillas	Green onion
Cheddar cheese	Frozen peas
Canned crushed tomatoes	Potatoes
Rice	Breadcrumbs
Zucchini	Salsa

Meal One:

Fish tacos
Baked fries

Meal Two:

Baked fish and chips
Glazed carrots

Meal Three:

Tomato braised fish
Rice
Sautéed zucchini

Meal Four:

Seared fish filet
Creamed vegetables

Frozen Chicken Breast Meal Options

Frozen chicken	Mozzarella cheese
Frozen spinach	Frozen Asian vegetables
Pizza crust mix	Angel hair pasta
Canned pasta sauce	Soy sauce

Meal One:

Spinach chicken pizza

Meal Two:

Spinach stuffed chicken

Angel hair pasta

Meal Three:

Chicken strips with peanut sauce

Stir fried vegetables

Meal Four:

Chicken stir fry

