

2-Week Shopping List

Produce

bag of yellow onions
red onion
baby carrots
regular carrots
russet potatoes (3-4)
bag of small tricolor or fingerling potatoes
garlic
lemon x 1
lime
cabbage (red or green)
mango
5-6 avocados (after they ripen, put them in the fridge so they don't go bad)
red pepper
jalapeño pepper
bunch of cilantro (unless it tastes like soap to you, then you can omit it :)
asparagus
2-3 bunches romaine or green leaf lettuce
cherry tomatoes
celery
green onions
tomato
sliced mushrooms

Staples

2-7 oz. cans chipotle peppers
sugar free pancake syrup
honey
reduced sugar ketchup
tortilla chips
salsa
ranch or Italian salad dressing
French fried onions
croutons
Jiffy cornbread mix
3 boxes chicken stock
1 can pumpkin puree
barley
taco shells (regular or soft, your preference) and two packages of taco seasoning
1 can of black beans
1 packet au jus gravy
1 package Italian salad dressing
1 jar pepperoncinis (sliced if available)
16 oz. box penne pasta
2-4 oz. cans diced green chiles
2 cans Great Northern Beans

Meats

2 flank steaks
whole chicken (5-6 lbs)
boneless, skinless chicken breasts x 2 packages
2 packages ground beef or turkey (whichever your family prefers for tacos)
3-5 lb beef roast
bacon (thick cut, pepper)
small spiral ham

Dairy

Butter
blue cheese (or feta or goat if you don't like blue)
eggs
16 oz. + 8 oz. sour cream
8 oz. heavy cream
4 c. shredded cheddar cheese
sliced cheese (pepper or Monterey jack)
milk (at least 6 c.)
shredded Gruyere and Swiss cheese blend (8-12 oz)

Bakery/Deli

corn tortillas
package hoagie rolls
sourdough bread

Frozen

peas or sugar snap peas (plus 1 c. frozen peas for ham soup)
shredded hash browns
tater tots (or sweet potato chips)
frozen whole green beans

Other

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