



One-Week Shopping List

Produce

4 lemons
2 limes
2 heads garlic
1/2 pound baby arugula (if unavailable, substitute baby spinach)
2 pints cherry or grape tomatoes
1 bag yellow onions (6)
1 red onion
2 lbs. small red potatoes
green onions x 2
corn on the cob (4-6 ears)
avocados (5-6) or prepared guacamole and 1-2 avocados
2 jalapeño peppers
1 tomato
1 head lettuce (iceberg or green leaf)
1 bag of small tri-color potatoes
1 head broccoli and 1 head cauliflower (OR frozen lima beans)
4-6 carrots (can use frozen; you'll need 10 oz diced)
bunch of parsley
bunch of cilantro
mushrooms
peppers: green x 1, yellow x 1, red x 2

Meats

salmon side (or 1 filet per person)
bratwurst (1-2 per person; use any leftovers for lunches)
1 package bacon
1.5 lbs. ground turkey or beef (double this if you want leftovers for taco salad)
4 boneless pork chops
2 packages boneless skinless chicken breasts (about 1.5 lb)
2 New York Strip steaks (or any other steak cut you prefer or that's on sale)

Frozen

frozen lima beans (if your family doesn't like roasted broccoli and cauliflower)
1-10oz package frozen peas

Staples

Olive oil, salt and pepper, cumin, garlic powder
"Everything But the Bagel" seasoning (at ALDI or Trader Joe's)
1 lb. fusilli (if you can't find fusilli, rotini is a good substitute)
canned sauerkraut (or fresh if you can find it)
mustard
ranch dressing
tortilla chips
taco shells and taco seasoning (x 2 packets)
1 can black beans
salsa
soy sauce
5 boxes chicken stock
2 chicken bouillon cubes
3/4 c flour
1 box couscous (plain or flavored)
1 box Jiffy cornbread mix
1- 4 oz can diced green chiles
1-28 oz can fire roasted crushed tomatoes (regular crushed tomatoes are OK if you can't find fire-roasted)

Dairy

3 c. heavy cream
1/2 c grated or shredded Parmesan cheese
butter
feta cheese
sour cream
shredded cheddar cheese
1 package of 8 buttermilk biscuits (like Grands)
1 c milk
1 dozen eggs

Bread

hot dog buns for brats (I recommend brioche style, broetchen, or potato rolls if available)

Other

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Find the menu and recipes [here](#)