

Grocery Shopping List

Fresh Produce

- Carrots
- Celery
- Potatoes
- Onions
- Bell Peppers
- Salad Greens
- Tomatoes
- Apples
- Lemons
- Limes

Baking Needs

- Flour*
- Yeast*
- Baking Soda*
- Baking Powder*
- Brown Sugar*
- Granulated Sugar*
- Vanilla Extract*
- Chocolate Chips*
- Spices*

Pantry

- Olive Oil*
- Tomato Paste*
- Black Beans*
- Rice*
- Condiments*

Dairy

- Butter
- Cheese
- Milk
- Eggs

Meat (Choose 2)

- Chicken
- Beef
- Pork
- Fish
- Shrimp
- Lamb
- Turkey

Beverages

- Orange Juice
- Tea or Coffee*

*Shelf-stable. If in doubt, buy it.

Meal Ideas

Breakfast

- Pancakes
- Fried Eggs
- Toast
- Coffee Cake
- Scrambled Eggs
- Crepes
- Homefries
- Bagels
- Veggie Omelet

Lunch

- Grilled Cheese
- Chicken Melt
- Cobb Salad
- Caesar Salad
- Patty Melt
- Smorgasbord
- Leftovers

Dinner

- Fresh Pasta & Sauce
- Stuffed Peppers
- Roast Chicken & Veggies
- Chef's Salad
- Vegetable Stir Fry
- Chicken Pot Pie
- Shepherd's Pie
- Pizza
- Fish Stew
- Burrito Bowls
- Chili
- Tacos
- Roast Pork & Potatoes
- Broiled Fish & Salad
- Breaded Chicken
- Chicken & Rice Soup
- Avgolemono Soup
- Vegetable Soup
- Tomato Soup
- Black Bean Soup
- Rack of Lamb & Lemon