grocery list

Week of:

produce

- Banana
- Strawberries
- Tomatoes
- Lettuce
- Onions
- Sweet peppers
- Celery
- Garlic
- Fresh Thyme
- Okra
- Apple
- Carrots
- Potatoes
- Beets
- Green onions
- Fresh dill
- Avocado
- Radish
- Fennel bulb
- Fresh Mint
- Fresh Oregano
- Fresh Parsley
- Sweet Potatoes
- Blueberries
- Pineapple pieces
- Baby spinach
- Cilantro

pantry & frozen

- Frozen mango
- Flax seed meal
- Honey
- Shredded coconut
- Salt & Pepper
- Mayo
- Dijon mustard
- Flour
- Bay leaves
- Cayenne pepper
- Hot Sauce
- Lemon & Lime Juice
- Baking powder
- Baking soda
- Paprika
- Apple Cider
- Apple Cider Vinegar
- Frozen Corn
- Smoky Habanero Sauce
- Nutmeg
- Cinnamon
- Turmeric
- Coconut sugar
- Molasses
- Vegetable Stock
- Cream of Chicken
- Cream of Mushroom
- Vanilla Pod
- Black Beans
- Cumin
- Paprika
- Sugar
- Refried black beans
- Black olives
- Buffalo sauce
- Blue cheese dressing
- Mustard
- Mustard powder

meat & dairy

- Vanilla greek yogurt
- Bacon
- Cream Cheese
- Shrimp
- Andouille sausage
- Cheese
- Milk
- Buttermilk
- Sour cream
- Eggs
- Butter
- Pork tenderloin
- Heavy Cream
- Chicken
- Yogurt
- Ground Sausage
- Shrimp

Study at Home Mama

other

- White Wine

household

- Muesli
- Oil
- Lentils
- Uncooked pasta
- Breadcrumbs
- Rolled Oats
- Curry paste
- Fish sauce

bakery

- Tortillas
- Thick Cut Bread