



grocery list

Week of:

produce

blueberries
tomatoes
apples
potatoes
strawberries
cucumber
sweet peppers
green beans
salad greens
carrots
onions
lemons
garlic
smoothie ingredients:
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pantry & frozen

Crackers (if not making homemade)
rice
pasta
olive oil
flaked chicken (or flake your own)
frozen pastry shell
applesauce
yeast
flour
salt & pepper
sugar
beef stock
pecans (optional)
capers
chicken bouillon cubes
apple cider vinegar
white wine vinegar
honey
dijon mustard

meat & dairy

milk
yogurt (if not making homemade)
cheese
cottage cheese
cream cheese
beef cubes (freeze)
chicken breasts or thighs
pork roast (freeze)
kielbasa
eggs:
spinach dip (if not making homemade)
smoked salmon (can buy frozen)

Study at Home Mama

other

???

household

bakery

bread
bagels (freeze half)