

# grocery list

Week of:

## produce

strawberries  
shredded coconut  
kale/spinach  
avocado  
red onion  
purple cabbage  
carrots  
tomatoes with juice  
celery  
sweet peppers  
apples  
potatoes

blueberries  
garlic  
corn  
cucumber  
cherry tomatoes  
cabbage  
green onions

## pantry & frozen

frozen mango banana  
salt & pepper  
ground nutmeg  
cinnamon  
turmeric  
bay leaves  
quick oats  
vanilla  
apple cider vinegar  
paprika  
brown sugar  
oregano  
shredded hash brown potatoes  
cooked chickpeas  
PAM Cooking Spray  
baking powder

## meat & dairy

vanilla greek yogurt  
eggs  
bacon  
cheese  
Parmesan  
prosciutto  
chicken breasts  
pork tenderloin  
cottage cheese  
milk

beef  
sour cream  
ground sausage  
heavy cream  
butter

*Study at Home Mama*

## other

lentils  
chicken broth  
rice  
capers  
salsa  
maple syrup  
pecans  
black beans

guacamole  
applesauce

## household

honey  
quinoa  
coconut oil

flax seed meal  
lemon juice  
Worcestershire

## bakery

whole grain tortillas  
ball of pizza dough