

grocery list

Week of:

produce




Okra	Green onions
Onions	Sweet potatoes
Celery	Strawberries
Carrots	Blackberries
Bell Peppers	Mango
Fresh ginger	Lime & Lemon Juices
Red onions	Fresh basil
Garlic	Fresh thyme
Lemon	Broccoli
Blueberries	Cara cara oranges
Chili pepper	Avocado
Purple cabbage	Pomegranate arils
Corn	Spinach
Cucumber	Potatoes
Cherry tomatoes	Asparagus

pantry & frozen



Salt & Pepper	Frozen peas
Coconut oil	Frozen corn
Chicken broth	Chili flakes
Cooked rice	Brown Sugar
Paprika	Cream of chicken soup
Turmeric	Bay leaves
Yeast	Baking soda
Sugar	Oats
Olive oil	Quinoa
Flour	Honey
Thyme	Shell pasta
Rosemary	Gluten free pasta
Baking powder	Maple Syrup
Cinnamon	Dijon Mustard
Tomato sauce	Vanilla
Apple cider vinegar	Chickpeas
Cumin	Champagne vinegar
Oregano	Capers

meat & dairy



Eggs	
Cheese	Shrimp
Ricotta	
Parmesan	
Butter	
Buttermilk	
Ground Beef	
Chicken	
Sour cream	
Milk	
Strawberry Greek yogurt	
Heavy cream	
Salmon	

Study at Home Mama

other

Red wine

household

Salsa

bakery

Tortillas
Croissants