

SHOPPING LIST

Cold Case

butter	3 tbsp	milk (dairy or non-dairy)	1 tsp
cheddar cheese (optional)	1 cup	Parmesan	2 oz
egg	3	Parmesan (optional)	1 oz
milk	1 tsp	sharp cheddar cheese	4 oz

Frozen

frozen mixed vegetables (peas, carrots, corn, etc)	2 cups
--	--------

Meat

bacon	0.50 lb	ground beef	2 lb
chicken breast	1 lb		

Pantry

Bread*	8 sliced	Mayo*	2 cups + 4 tbsp
Broth* or water	2 quarts	mustard (optional)	0.25 cup
can black beans*	1 (15 oz)	olive oil	3 tsp + 5 tbsp
can corn	1 (15 oz)	pickles (optional)	1 cup
can diced tomatoes	2 (15 oz)	powdered beef bouillon	0.33 cup
can garbanzo beans*	3 (15 oz)	red wine vinegar	2 tbsp
chile verde salsa c	1 cup	soy sauce or aminos	2 tbsp
coconut cream	2 tbsp	spaghetti noodles	16 oz
coconut oil	2 tbsp	sugar (optional)	0.25 tsp
flour	2 tbsp	sunflower seeds	0.25 cup
hamburger buns*	4	tomato basil sauce*	24 oz
ketchup (optional)	0.50 cup	white rice	2 cups

Produce

avocado	1	lettuce	1 head
bell pepper (any)	2	iceberg lettuce	2 heads
carrot	4.5	onion	2
celery	5 ribs	red onion	0.25
cherry tomatoes	2 pt	Roma tomato	1
cilantro	0.50 bunch	russet potato	4 + 3 lb
corn	1 cup	shredded carrots	5 oz
cucumber	3.25	spinach	4 cups
garlic	8 cloves	spinach or kale	1 cup
grape tomatoes	0.25 pt	tomato	2
green leaf lettuce	1 head		

Spices

chili powder	0.50 tsp	Italian seasoning	1 tsp
cumin	1 tsp	onion powder	4 tsp
dill	2 tsp	oregano	1 tsp
dried basil	3 tsp	paprika (optional)	0.25 tsp
dried parsley	4 tbsp	pepper	1.50 tsp
dry minced onion	0.75 cup + 10 tbsp	pepper (optional)	0.50 tsp
garlic powder	2 tbsp + 1.5 tsp	salt	11.75 tsp
garlic powder (optional)	1 tsp	salt (optional)	1 tsp
ginger	1 tbsp	taco seasoning*	2 tbsp
ground celery seed	0.50 tsp	thyme	2 tsp

** These ingredients can be made from scratch to help reduce costs. Recipes are at the end of this meal plan but the ingredients are NOT on the shopping list.*