

MEAL PLANNING

SHOPPING LIST

momsbyheart.net

For 1/21 – 1/27

Fruit/Veggies (go to Aldi's!)

- Ripe Bananas (4-8)
- Blueberries (1-2 c.)
- Celery (1-2 stalks)
- Onions (2-3)
- Garlic (2 cloves)
- Potatoes (side dish - use your favorite kind)
- Lemon (1 for zesting)
- Veggies for Side Dishes - whatever is on sale

Meat

- Deli Turkey (for 4-8 spirals)
- Pepperoni (2 meals)
- 2 lbs. Ground Beef (2 meals)
- 6-8 Boneless, Skinless Chicken Breasts
- Smoked Turkey Sausage (1 lb.)
- 6 Chicken Fryer Pieces
- Bacon (1/2 lb.)

Bread & Cereal

- Bread (1 loaf)
- Flour Tortillas (2 meals)

Canned/Baking/Middle Aisles

- Chopped Walnuts (1 c.)
- Pickles (4-8 oz.)
- Spaghetti Sauce (32 oz.)
- Spiral Pasta (16 oz.)
- Light Brown Sugar (1 c.)
- Lemon Lime Soda (1 can)
- Soy Sauce (2 Tbsp.)
- Brown Gravy Mix (1 packet)
- Honey (1/3 c.)
- Diced Tomatoes (28 oz.)
- Chicken Broth
- White Rice (5-6 servings)

Dairy

- Butter (4 sticks)
- 2 dozen eggs
- Cream Cheese (8 oz.)
- Cheddar Cheese Slices (4-8 for spirals)
- Shredded Mozzarella Cheese (2 meals)
- Swiss Cheese (3/4 c.)
- Milk (1 c.)
- Sour Cream (1 c.)
- 1 Pie Crust