

MEAL PLANNING

SHOPPING LIST

momsbyheart.net

For 2/4 – 2/10

Produce

- (4) Limes
- (1) Head Garlic
- (5) Medium Onions
- (2) Red Bell Peppers
- (2) Green Bell Peppers
- (1) Bunch Celery
- (8) Ripe Bananas*
- Various veggies for side dishes

Meat

- (6-12) Pork Chops - 1 per family member per meal x 2 meals*
- (2) Large Flank Steaks*
- (6-12) Boneless, Skinless Chicken Breasts - 1 per family member per meal x 2 meals*
- (6 lbs) Ground Beef*
- (2 lbs) Thick Cut Bacon*
- (1 lb) Regular Cut Bacon
- (2 lbs) Ground Pork (to make homemade sausage, or get 2 lbs sausage instead)
- (1) 9 oz. pkg. Deli Ham
- (1) 9 oz. pkg. Deli Turkey
- (1) small pkg. Pepperoni

Refrigerated

- Butter (2 lbs.)*
- Cheese Slices (24 ct.)
- Tortilla Land uncooked flour tortillas (16-32 ct.)*
- Eggs (2-3 doz)*
- Cheddar Jack Cheese (8 oz.)
- Parmesan Cheese (16 oz.)
- Mozzarella Cheese (8 oz.)
- Milk (1 qt.)
- Heavy Cream (1 1/2 c.)
- Cream Cheese (8 oz. block)

Canned/Baking/Middle Aisles

- Organic Better Than Bouillon Chicken Base* (or 24 c. chicken stock + 2-10 oz. cans condensed chicken broth)
- BBQ Sauce (12 oz, your fave)
- Breadcrumbs (1 c.)
- (6) 14.5 oz. cans Diced Tomatoes*
- (1) 6 oz. can Tomato Paste
- (2) 15 oz. cans White Kidney Beans
- (1) 16 oz. box Small Shell Pasta
- (1) 16 oz. box Spiral Pasta

Canned/Baking/Middle Aisles (continued)

- (1) 16 oz. box Pasta - your fave (for Pasta Carbonara)
- (5 lbs) All Purpose Flour
- (1) Maple Syrup*
- (2) cans Tuna
- (1) can Pickles
- (1) 4 lb. bag Sugar
- (1) Chopped Walnuts (2 c. bag)
- (1) can Pizza Sauce
- (1) Jar Mayo (22-30 oz.)

Frozen

- Peas (1 c)

Bread & Cereal

- 2-3 loaves bread (for french toast, grilled cheese, cinnamon toast & tuna sandwiches)
- 1 pkg English Muffins

Buy these items only if you have room in your freezer, as they are part of the 3 week dinner plan:

- 32 whole small dinner rolls - for chicken sliders
- 2 pkgs hamburger buns - for cheeseburgers