

MEAL PLANNING

SHOPPING LIST

momsbyheart.net

Fruit/Veggies - go to Aldi's or Costco

- Fruit & Veggies for snacks - whatever is on sale
- Celery
- Onion (1)

Canned/Baking/Middle Aisles

- Jam - your favorite kind
- Peanut Butter
- All Purpose Flour (8 c.)
- Sugar (1/2 c.)
- Shortening (1 c.)
- Tuna (2 lg cans)
- Pickles
- Mayo
- Popcorn

Dairy

- Eggs (1.5 dozen)
- Milk (7 c.)
- Yogurt (3 cups per person)

Bread

- Sandwich Bread (2 loaves)