

# MEAL PLANNING

## SHOPPING LIST

momsbyheart.net

### Produce

- Onions (7)
- Green Peppers for fajitas (2)
- Garlic (22 cloves)
- Jalapeno (3)
- Cilantro (3 handfuls)
- Lime (5)
- Celery
- Baby Carrots (for snacks & lunches)
- Apples (4-6)
- Bag Salad or lettuce (1)
- Misc fruit & veggies for sides & snacks (whatever is on sale)

### Meat

- Pepperoni (8 oz.)
- Ground Pork (8 lbs - I get mine at Whole Foods)
- Chicken Legs (2-3 lbs.)
- Deli Turkey (1 lb.)

### Rotation #2

### Refrigerated

- Parmesan Cheese (5-6 c.)
- Cheddar Cheese, shredded (6 c.)
- Mozzarella Cheese, shredded (2 c.)
- Milk (1 gallon)
- Butter (1 1/2 c.)
- Yogurt Cups (4-6)
- Heavy Cream (2 c.)

### Canned/Baking/Middle Aisles

- Tomato Paste (6 oz. can)
- Spiral Pasta (4 12-oz boxes)
- Small Shell Pasta (2 12-oz boxes)
- Spaghetti (2 boxes)
- Pasta Sauce (4 jars)
- Bread Crumbs (3 c.)
- Hot Sauce
- Can Whole Tomatoes (3 28-oz. cans)
- White Beans (2 cans)
- Chipotle Chilis in Adobo (4 tsp)
- Mayonnaise
- All Purpose Flour (6 c.)
- BBQ Sauce - your favorite brand (1 bottle)
- Quick Cooking Oats (3 1/2 c.)
- Old fashioned OATS (8 c.)
- Brown Sugar (1 c.)

- Honey (1 c.)
- Peanut Butter
- Crackers
- Tortilla chips (1 large bag)

### **Bread/Cereal**

- Hamburger Buns x 2 (only if you have room in your freezer, otherwise buy them as you need them)
- Bread (1 loaf)