

WEEK FOUR SHOPPING LIST:

SNACKS	

MEAT	
1 LB	BACON
2	CHICKEN BREASTS
1 LB	GROUND SAUSAGE
1 LB	SMOKED SAUSAGE OR KIELBASA
1 LB	RAW SHRIMP
1 LB	SIRLOIN STEAK OR ROAST
1	WHOLE CHICKEN

DRY GOODS	
1 JAR	CESAR DRESSING
1 JAR	DIJON MUSTARD
1 JAR	BLUE CHEESE DRESSING
1 JAR	MOLASSES
1/2 C	OLIVE OIL
1 PKG	PITA POCKETS
1 TUB	POTATO STIX
1 BOTTLE	RASPBERRY VINEGARETTE DRESSING
1	12 OZ PKG CHEESE TORTELLINI
1/2 C	VEGETABLE OIL
1/2 C	DRY, WHITE COOKING WINE
2 BOXES	LONG GRAIN WILD RICE

FROZEN/REFRIDGERATED	

SPICES & BAKING	
	BLACK PEPPER AND SALT
	CAJUN SEASONING
	CAYENNE
	GARLIC POWDER
	ITALIAN SEASONING
	ONION POWDER
	PAPRIKA

DAIRY	
1 TUB	BLUE CHEESE CRUMBLES
1 LB	BUTTER
2 C	GRATED PARMESAN
1 C	HEAVY CREAM

PRODUCE	
2	BUNCHES ASPARAGUS
1 BAG	FINGERLING POTATOES
1 LB	BRUSSEL SPROUTS
1 HEAD	BUTTER OR ICEBERG LETTUCE
2	BAGS CESAR SALAD OR ROMAINE
1	BUNCH FRESH PARSLEY
1	BUNCH FRESH THYME
1	LARGE APPLE
1 TUB	MINCED GARLIC
1	RED BELL PEPPER
1-2	ROMA TOMATOES
1 LB	RUSSET POTATOES
2	YELLOW SQUASH
2	ZUCCHINI