

WEEK ONE SHOPPING LIST:

SNACKS	
1	BAG - FAVORITE CHIPS

MEAT	
1-2	LB SIRLOIN ROAST OR STEAKS
7-8	CHICKEN BREASTS
1.5	LBS DELI SLICED PASTRAMI
1/2	LB BACON
1	PKG ANDOUILLE SAUSAGE

DRY GOODS	
1	JAR OLIVE OIL
1	JAR SOY SAUCE
1	BOTTLE RED WINE VINEGAR
1	BOTTLE WORCHESTSHIRE SAUCE
1	PKG BROWN SUGAR
20	CUPS CHICKEN STOCK (5 BOXES)
1	PKG MANICOTTI NOODLES
1	LARGE JAR MARINARA SAUCE
1	LOAF RYE BREAD
1	JAR OR CAN SAUERKRAUT
1	JAR MAYO
1	JAR KETCHUP
1	JAR HORSERADISH
1	BOTTLE HOT SAUCE OF CHOICE
1	JAR PICKLES
1	CAN CREAM OF CHICKEN SOUP
1	JAR BASIL PESTO
1	BOX BOWTIE PASTA
2	CANS KIDNEY BEANS
2	CUPS WHITE RICE OF CHOICE

FROZEN/REFRIDGERATED	

SPICES & BAKING	
	CAJUN SEASONING
	SMOKED PAPRIKA
	ONION POWDER
	DRIED OREGANO
	BAY LEAVES
	SALT
	PEPPER
	ALL PURPOSE FLOUR
	BAKING POWDER

DAIRY	
2	LBS BUTTER
1	GALLON MILK
1	TUB (15 OZ) PART-SKIM RICOTTA
2	C. MOZZARELLA CHEESE
1	TUB PARMESAN
1	PKG EGGS
1	PKG SLICED SWISS CHEESE

PRODUCE	
1	LEMON
1	TUBE MINCED GARLIC
1	BAG - WHOLE CARROTS
1	BAG - RUSSETT POTATOES
2	BUNCHES FRESH PARSLEY
1	YELLOW ONION
1 EA	GREEN, YELLOW, RED BELL PEPPER
2 EA	ZUCCHINI & YELLOW SQUASH
1	RED OR PURPLE ONION
1	PKG MUSHROOMS