

gumbo
pot roast + broccoli
chicken sandwiches
+ fries



Basic Grocery List

Meat		Frozen	
Andouille or Sausage • 1b	1	French Fries	1
Bacon			
Chicken Breasts - 1b	1		
Chicken Thigh - bone in 1b	2		
Ground Beef		Grains	
Italian Sausage		Corn Tortillas	
Pork Butt		Dried Pinto Beans	
Rump Roast - lbs	3-4	Dried Red Beans	
		Flour Tortillas	
		Pasta - Egg Noodle	
		Pasta - Penne or other small pasta	
		Pasta - Spaghetti	
Produce		White Rice - cups	2
Asparagus		buns - package	1
Bell Pepper	1	(for chicken sandwich)	
Broccoli - heads	2		
Carrots	3-4		
Celery	1	Sauces and Oils	
Cherry Tomatoes		Green Salsa	
Cilantro		Lemon Juice - +tbsp	2
Cucumbers		Lime Juice	
Garlic - minced - +tbsp	3	Olive Oil - +tbsp	2
Green Beans		Red Salsa	
Mushrooms		Soy Sauce	
Onion	5	vegetable oil - +tbsp	1.5
Potatoes	4		
Salad Mix or Lettuce (for chx sandwich)	1		
green onion - optional	1	Spices	
parsley - optional	1	Basil - +tsp	1
tomato (for chx sandwich)	1	Bay Leaf	5
Canned		Chili Pepper	
Beef Broth - cups	2	Garlic - +tsp	1
Chicken Broth		Oregano - +tsp	.25
Diced Fire Roasted Tomatoes		Pepper - +tsp	1.25
Diced Tomatoes		Red Pepper Flake - +tsp	.25
Green Beans		Salt - to +tsp	3.5
Ranch Beans		Thyme - +tsp	1
Rotel		cajun/creole seasoning - +tsp	1
Tomato Paste	1	ground mustard - +tsp	.25
Tomato Sauce			
		Dairy	
		Butter	
Pantry		Eggs	
Brown Sugar		Grated Cheddar	
Flour - cups	1.25	Grated Jack Cheese	
Honey		Grated Mozzarella	
Sugar		Milk	
red wine (optional) - cup	1		