

Week 2 Shopping List

Meats:

- 1 pound ground beef
- 5-6 pounds boneless skinless chicken breasts
- 2-3 cups of diced ham
- 4 hamburger patties
- 1-2 pounds pork tenderloin

Dairy/Refrigerated:

- 4-5 beaten eggs
- 1 cup milk
- 1 cup cheese
- 4 slices cheese

Breads:

- 9-inch pie crust
- 4 hamburger buns

Canned Items:

- 1 can mixed vegetables
- 2 cans V-8 vegetable juice, 11.5 ounce each
- 16 ounces pasta, any shape
- 14.5 ounces alfredo sauce (1 jar)
- 24 ounces spaghetti sauce (1 jar)
- 1 can cream of chicken with herbs soup
- 1 can cream of mushroom with roasted garlic soup
- 1 can French onion soup
- A jar of salsa – as hot or as mild as you want
- 1/2 - 1 cup BBQ sauce

Other:

- Garlic cloves
- Lemon juice

Optional:

Taco fixings – shells, cheese, lettuce, tomato, more salsa, sour cream