

Week 1 Shopping List

Meats:

- 2 pounds lean ground beef
- 30 shrimp
- 4-5 pounds boneless, skinless chicken breasts
- 6-8 ounces of deli ham/turkey/chicken/roast beef
- 3 pounds chuck roast

Dairy/Refrigerated:

- 4 cups shredded cheddar cheese
- 6 ounces of sliced cheese (cheddar or swiss or mozzarella)
- 1 can refrigerated crescent dough
- 8-16 slices provolone

Breads:

- 8-10 flour tortillas, taco size
- 4 hamburger buns
- 8 hoagie rolls
- Seasoned breadcrumbs

Canned Items:

- 2 cans (10 ounces each) red enchilada sauce
- 16 ounces angel hair pasta
- 16 ounces BBQ Sauce
- 2 cans Campbell's French onion soup
- 1 can Beef consommé soup

Other:

- 1 bag tortilla chips
- Butter
- Chopped garlic
- Olive oil
- Lemon juice
- Vegetable oil
- Lemon pepper

Optional:

- Enchilada & nacho toppings - shredded lettuce, diced tomatoes, jalapenos, chopped onions, hot sauce, sour cream, guacamole, olives

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

Week 3 Shopping List

Meats:

- 3-4 pounds boneless, skinless chicken breasts
- 2 pounds slices of deli meat (ham, turkey, chicken or roast beef)
- 2-3 pounds boneless pork roast (pork shoulder, pork tenderloin, etc)
- 1-2 packages smoked sausage such as Kielbasa
- 1 bag of frozen meatballs

Dairy/Refrigerated:

- 1-2 pounds slices of cheese (take your pick!)
- 2 cups shredded sharp cheddar cheese 1 cup shredded mozzarella or provolone cheese
- 8 eggs
- Milk
- Butter

Breads:

- 1 loaf Texas toast
- 1 loaf sandwich bread
- Rolls
- Buns

Canned Items:

- 1 bottle Italian salad dressing
- 6 cups chicken stock
- 15 oz can evaporated milk
- 3 cups beef broth
- 1 can Dr. Pepper or root beer
- 1 jar spaghetti sauce

Other:

- 2 cups chopped broccoli florets, fresh or frozen
- 1 Small onion
- 1 pound fresh green beans (or 3 cups or 2 cans)
- 3 large potatoes
- Vanilla
- Cinnamon
- Minced garlic

Optional:

- Barbeque sauce or buffalo sauce

Week 4 Shopping List

Meats:

- 1 whole roasting chicken (3-5 pounds)
- 3-4 pounds boneless skinless chicken breast
- 2 pounds deli turkey
- 1 roll sausage patties (or pre-made patties)
- 1 rack pork baby back ribs
- 1 package pre-cooked chicken slices

Dairy/Refrigerated:

- 2 Tablespoons butter
- 16 slices of cheese, such as cheddar or mozzarella
- 2 cans crescent rolls
- 8 ounces cream cheese
- 8 ounces shredded cheese (cheddar or mozzarella)
- 8 ounces mozzarella cheese
- 4 ounces shredded parmesan cheese

Breads:

- 4 hamburger or hoagie buns
- 4 plain bagels
- 1 package croutons

Canned Items:

- 16-ounce bottle Buffalo Sauce
- 1 jar of alfredo Sauce
- 8 ounces pasta
- 1 bottle BBQ sauce
- 1 bottle Caesar dressing

Other:

- 1 bag or 1 heart of romaine lettuce
- 16 ounces frozen veggies (preferably a steamer bag of California mix which is broccoli, cauliflower, and carrots)
- 2 carrots, chopped into big pieces (or a handful of baby carrots)
- 1-2 Tablespoons dried herbs (Any mix - rosemary, sage, thyme, garlic powder)
- 2 Tablespoons minced garlic
- 3-4 tablespoons grill seasoning or seasoned salt

Optional:

- Ranch or blue cheese dressing (optional)

Week 5 Shopping List

Meats:

- 4-6 boneless pork loin chops - 3/4 to 1 inch thick
- 6-8 Bratwurst
- 1/2 pound ground beef
- 1/2 package pepperoni
- 2 pounds stew meat
- 4 salmon filets, skin-on (about 6–8 ounces each)
- 3 cups pre-cooked chicken

Dairy/Refrigerated:

- 32 ounces shredded cheddar or mozzarella cheese
- 20 ounces refrigerated cheese tortellini
- 3 cups shredded mozzarella cheese

Breads:

- 6-8 hoagie or brat buns
- 1 cup bread crumbs
- 2 loafs French bread
- 10-12 flour tortillas

Canned Items:

- 1 cup parmesan cheese grated
- 1 can or jar of sauerkraut
- 1 jar spaghetti sauce
- 30 ounces alfredo sauce {2 jars 15 oz. each}
- 6 cups chicken broth
- 2 beef bouillon cubes
- 2 (15-ounce) cans Great Northern beans, drained
- 2 cups salsa verde
- 19 ounce can mild enchilada sauce

Other:

- Garlic powder
- Cumin
- Olive oil
- Canola or vegetable oil
- 1 Lemon

Optional:

- Pizza toppings like black olives, mushrooms, green peppers, etc.

Week 6 Shopping List

Meats:

- 1 can of all-white meat chicken in water (or 1 1/2 cups of leftover, shredded chicken)
- 1 pound shrimp uncooked, medium size, shelled and deveined
- 4-5 boneless skinless chicken breasts, cut into bite-sized chunks
- 2 pounds ground beef
- 6 pork loin rib chops, about 1-inch thick

Dairy/Refrigerated:

- 2 refrigerated pie crusts
- 1 can refrigerated pizza dough
- 24 ounces shredded cheese - mozzarella, cheddar or colby jack
- 2 cups shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 24-ounce package of frozen cheese ravioli

Breads:

- None

Canned Items:

- 1 can of cream of chicken soup
- 1 can cream of chicken or cream of mushroom soup
- Sweet orange marmalade
- BBQ sauce
- Soy sauce
- Teriyaki sauce
- 16 ounces frozen tater tots
- 23-ounce jar spaghetti sauce
- 1 jar pizza sauce
- Honey
- 1 packet ranch dip mix

Other:

- Garlic minced
- 1 bag of mixed vegetables
- 1 1/2 cups broccoli
- 1 1/2 cups frozen mixed vegetables
- Dash of paprika

Optional:

Other pizza toppings such as pepperoni, onion, green pepper, mushroom, black olives, etc