

Week in Express Grocery Shopping List

Meat:

- 2 whole chickens about 2 lbs each
- 1 3 ½ pound pork loin
- Chicken Legs

Produce

- Carrots
- Celery
- Potatoes
- Broccoli
- Zucchini
- Mixed Lettuce
- Tomatoes
- Cucumbers
- Bell Pepper
- Corn on the Cob
- Shredded Cabbage (green and red)
- Shredded Carrots
- Herbs: Sage, Rosemary, Cilantro
- Garlic, onion, shallots
- Fruit: apples, oranges, grapes

Bread/Crackers

- Sliced whole wheat bread
- Whole Grain Rolls
- Whole Grain Italian Bread
- Multi Grain crackers

Condiments/Oils

- Olive oil
- Mayonnaise
- Dijon Mustard

Baking

- Rolled Oats
- Dry Active Yeast
- White Wheat Flour
- Raisins

Dairy

- Shredded Mozzarella Cheese
- Shredded Mexican Blend Cheese
- Eggs
- Milk
- Plain Yogurt
- Parmesan Cheese

Spices

- Salt
- Pepper
- Cinnamon

Sundries

- Black Olives
- White Beans
- Rice wine vinegar
- Assorted Nuts
- Peanut Butter/Nut Butter
- Chicken stock
- Tuna Fish
- Jam
- Honey
- Sweet Relish