

Week 1 Shopping List

Each food item includes the day(s) of the week it is utilized, to help you determine how much to buy at the store. Amounts purchased will vary, depending on size of your family. Snacks not included – don't forget to look at the Snack Options above, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Apples (Su)	Butter (dessert)	Brown rice (W, Sa)	Black beans (M, T, F)
Asparagus (W)	Greek yogurt (S, W, Th)	Brown rice tortillas (M, F)	Diced tomatoes (Th)
Bananas (W, dessert)	Milk (M, Th, F, dessert)	Corn tortilla chips (T, Th)	GF tomato soup (Su)
Broccoli (Sa)	Shredded cheese (M, T, F)	Corn tortillas (M)	Marinara sauce (or buy extra diced tomatoes to make your own) (T)
Carrots (Su, Th)	Sliced cheese (Su, W, Sa)	Cornstarch (dessert)	Red beans (Th)
Celery (M)	Sour cream (M, T, F)	GF bread (Su, T, W, Sa)	Sliced olives (M, T)
Cherry tomatoes (Th)	Vanilla ice cream (dessert)	GF granola (Su, W)	Tomato sauce (Th)
Garlic (Su, Th)	Beef sirloin (Sa)	GF oatmeal (M, F)	
Green lettuce (M, T, W, F, Sa)	Eggs (T, Sa, dessert)	GF spaghetti (T, Th)	
Green onion (M, F)	Ground turkey or beef (if desired for Tuesday dinner)	GF vanilla wafers (dessert)	
Green pepper (Sa)	Salmon fillets (W)	Mixed nuts (M, F)	
Red grapes (M)	Sliced turkey (W, F)	Sugar (dessert)	
Red potatoes (Su)	Whole chicken (Su, M)		
Roma tomatoes (M, W, F)			
Russet potatoes (F, Sa)			
Yellow onion (Su, Th)			

Miscellaneous: Salsa, pesto, frozen berries (your preference), vanilla extract, honey, Tamari (GF soy sauce).