

Week 2 Shopping List

Check your stock of essentials like GF bread, cheese, eggs, milk, etc. before you head to the store - you may not need everything on this list. **Amounts** purchased will vary, depending on size of your family. **Snacks** not included - don't forget to look at the Snack Options from Week 1, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Avocado (M, Th)	Buttermilk (Sa)	Brown rice (M, W)	Black beans (T)
Banana (F)	Grated Parmesan cheese (Sa)	Corn tortillas (M, T, W, Th)	Black olives (T)
Bell peppers (T, W)	Greek yogurt (Su, T)	GF barbeque sauce (F, Sa)	GF enchilada sauce (T)
Blueberries (can also buy frozen) (Su, W)	Milk (Su, M, W Th, F)	GF bread (M, Th, Sa)	Kidney beans (Sa)
Carrots (M, Sa)	Shredded cheese (T, W)	GF bread crumbs	Navy beans (Sa)
Garlic (T)	Sliced cheese (T, Sa)	GF flour blend (Su) (Several brands & blends available. You may have to experiment a bit to find the one you like best.)	Pinto beans (Sa)
Green cabbage (M, Sa)	Vanilla frozen yogurt (dessert)	GF oatmeal (W)	Tuna (Su, Th)
Mango (W)	Bacon (Sa)	GF rice crackers (S, T, Sa)	Yellow corn (can also buy fresh or frozen) (T)
Mixed greens (W)	Chicken breast, boneless & skinless (M)	GF spaghetti or egg noodles (F)	
Red onion (W)	Chicken tenders, boneless & skinless (F)	Mixed nuts (W)	
Red potatoes (Su, Th)	Cod or halibut fillets (not breaded) (Su)		
Sweet potatoes (F)	Eggs (Su, W, Th, F, Sa)		
Yellow onion (M, T, Sa)	Ground turkey or beef (Th)		
Zucchini (T, Th)	Pork chops (Sa)		
	Shrimp, peeled & deveined (may be frozen) (W)		
	Sliced turkey (T, Sa)		

Miscellaneous: Frozen peas ; salsa, chocolate and caramel sauce, maple syrup, mayo, mustard, GF salad dressings