

Week 3 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
Asparagus (M)	Butter (Su, T, dessert)	Almond meal (dessert)	Applesauce (dessert)
Bananas (T, W, F)	Greek yogurt (dessert)	Baking soda (dessert)	Black beans (M)
Beets (M)	Greek yogurt (Sa)	Brown rice (F)	Black olives (Sa)*optional for pizza
Berries (Sun, Sat)	Milk (Su, W)	Chicken broth (Su)	GF Pizza sauce (Sa)
Broccoli (Su)	Shredded cheese (M,F, Sa)	Corn tortillas (M,F)	Refried beans (F)
Butternut squash (W)	Sliced cheese (Su, W)	GF bread (M,T,F)	Tuna (F)
Carrots (Su, Tu, Th)	Bacon (T)	GF buns (Su)	
Celery (Su, Th)	Canned or rotisserie chicken (Su)	GF egg noodles (Su)	
Green pepper (Sa)	Chicken breast, boneless & skinless (W, Th)	GF flour blend	
Lettuce (Su, T, Th, F, Sa)	Chuck roast (T)	GF granola (Sa)	
Lime (Th)	Eggs (Su, M, Th, F)	GF oats(dessert)	
Mixed vegetable, frozen (W)	Ground beef (Su, F)	GF rice crackers (W,F)	
Onions (Su, Tu, Th, Sa)	Pepperoni (Sa)	GF waffle mix (Su)	
Oranges (M)	Sliced turkey (W)	Jelly (T)	
Potatoes (Su, Tu)	Tilapia filets (M)	Peanut butter (W, F)	
Spinach (Th)		Raisins (dessert)	
Tomato (Sun, Th)		Red Lentils, dry (Th)	
		Sugar (Su, dessert)	
		Vegetable Broth (Th)	
		Walnuts (dessert)	
		Xanthan gum (dessert)	

Miscellaneous: salsa, honey, maple syrup, cinnamon, GF pizza crust (frozen), taco seasoning, mustard, ketchup, mayonnaise, salt, paprika, GF chicken bouillon granules, turmeric, cardamom, dried basil, parsley flakes, black pepper, allspice, nutmeg, GF salad dressings