

Week 4 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 (W)	Butter (M, T, Th, dessert)	Baking powder (Sa)	1 can black beans (Su)
Bananas (T, Sa)	Milk (T, Th)	Beef Broth (Th)	1 can small red beans (Su)
Broccoli (W)	Shredded cheese (Th, Sa)	Brown rice (T)	1 can pinto beans (Su)
Carrots (Su, T)	Sliced cheese (M, F)	Brown sugar (Sun, Sa)	White vinegar
Cauliflower (M)	Sour cream (Th, Sa)	Cocoa (dessert)	1 can navy beans (Su)
Celery (T)	Bacon, 1 lb. (Su)	Corn tortillas (Sa)	1 can cannellini beans (dessert)
Cilantro (Su)	Beef Stew meat (Th)	GF bread (M,T,F)	28oz diced tomatoes (Su)
Corn, frozen (Su)	Chicken breast (W)	GF bread crumbs (Su)	6oz tomato paste (Su)
Garlic (Su, Tu)	Chicken thighs, bone in (F)	GF buns (Su)	GF pasta sauce (Sa)
Grapes (M)	Eggs (Su, M, Th, Sa, dessert)	GF flour blend (dessert)	GF tomato soup (M)
Green beans (F)	Ground beef (Su)	GF oats (W, Sa)	Tuna (W)
Lemons (Su, Tu)	Pork Loin roast (T)	GF pancake mix (T)	
Lettuce (Su, T, Sa)	Salmon filets (Tu)	GF rice crackers (W,F)	
Mixed vegetable, frozen (Th)		GF spaghetti or egg noodles (Sa)	
Onions (T, W, Th)		Jelly (Su, Th)	
Oranges(T)		Peanut butter (Th, F)	
Peas, frozen (M)		Quinoa (Su)	
Red, yellow, orange, green bell peppers (Su, Tu, W)		Vanilla extract (dessert)	
Scallions (Su)		White sugar (Sa)	
Sweet Potatoes (F)		Xanthan gum (dessert)	
Tomatoes (M, Th)			

Miscellaneous: salsa, maple syrup, cinnamon, nutmeg, , mustard powder, ground cumin, garlic powder, onion flakes , salt, GF Barbeque sauce, ketchup, mayonnaise, walnuts, olive oil, coconut oil, GF salad dressings, Tamari Sauce (GF soy sauce), Rice vinegar, Worcestershire sauce