

Shopping List for Weekly Menus

Here is a list of food supplies that will give you enough ingredients for two weeks of menus.

The items with a * can be bought either fresh or frozen.

Produce Section	Dairy Section	Meat Section	Frozen Foods	Aisle Section
2 bags of spinach	Eggs	Chicken	Mixed peppers*	Whole Wheat Bread
1 bag red potatoes	Low-fat milk	Ground Turkey*	Onions*	English Muffins
2 onions*	Cheese		Mixed vegetables*	Nut butter
Fresh Vegetables*	Butter		Broccoli*	Fruit Jam or Jelly
Fresh Fruit*	Low-fat Yogurt		Mixed fruit	100% Fruit juice*
3 lemons	Tortillas		Bag of fish	Box of green tea
2 Tomatoes			Turkey Patties*	Canned Soup- low salt
1 cucumber				Brown Rice
Bag of carrots				High Protein Cereal (like <i>Great Grains</i> or <i>Kashi</i>)
				Quick Oats
				Canned Fish (salmon or tuna)
				Canned Beans (black or red)
				Whole wheat pasta
				1 jar of tomato sauce- low salt
				Olive Oil
				Salad dressing- low fat
				Dried Fruit (like raisins or cranberries)
				Corn Chips