



Shopping List

(M) Muffin Tin Meatloaf with Broccoli Forest Rice (T) Shrimp Gumbo (W) Chicken Tamale Spoon Bread (Th) Spaghetti & Meatballs (F) Broccoli Cheddar Soup

Meat / Seafood	Quantity	Notes	
lean ground beef or turkey	2 pounds		
shrimp in the shell	1 pound		
chicken breast, boneless, skinless	2	about 1-1/4 pounds	

Vegetables & Fruit	Quantity	Notes	
onion, medium	4		
carrot, medium	3		
green bell pepper, medium	1		
frozen corn	2 cups		
broccoli	3 heads		
celery stalks	2		
fresh flat leaf parsley	1/2 bunch		

Dairy	Quantity	Notes	
eggs, large	4		
2% milk	2-1/2 cups		
cheddar cheese, shredded	1-1/2 cups		
parmesan cheese, grated	1 cup		
unsalted butter	3 Tablespoons		

Bakery/Misc	Quantity	Notes	
whole wheat dinner rolls	2		
diced tomatoes	2 cans	one 15 oz can & one 32 oz can	
cornmeal	1 cup		

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	2 Tablespoons	dried oregano	1 Tablespoon
grapeseed oil	1/4 cup + 2 Tblsp	herbes de provence	
balsamic vinegar		ground cumin	1 teaspoon
white wine vinegar		raw honey or 100% maple syrup	2 Tablespoons
chicken or veggie broth: low sodium	10 cups	organic tomato paste	6 oz + 2 Tblsp
garlic	8 cloves	Dijon mustard or brown mustard	1 Tblsp + 2 tsp
kosher salt	6-3/4 teaspoons	soy sauce or Braggs liquid amino acid	2 teaspoons
black pepper	2-1/4 teaspoons	whole grain spaghetti	12 ounces
cayenne pepper	1-1/2 teaspoons	long grain brown rice (dry)	2-1/2 cups
paprika (sweet Hungarian)	1 teaspoon	whole wheat flour	2 Tablespoons