

# Weekly Shopping Plan

## Meat/Dairy

- Ground Beef
- Ground Pork
- Boneless Skinless  
Chicken Breast
- Chicken Thighs

- Half & Half
- Milk
- Butter
- Eggs
- Refrigerated  
Biscuit Dough

## Bakery

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Produce

- Yellow Onion
- Red Bell Pepper
- Garlic Cloves
- Green Pepper
- Tomatoes
- Russet Potatoes
- Carrots
- Celery

## Pantry

- Ketchup
- Dark Brown Sugar
- Dijon Mustard
- Old-fashioned Oats
- Tomato Sauce
- Chicken Stock
- Lemon Juice
- Corn starch
- Diced Tomatoes
- Tomato Paste
- Canned Cheese Soup
- Cream of Chicken Soup
- Cream of Celery Soup
- Poultry Seasoning

## Freezer

- Frozen Peas and Carrots
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Misc

- Tamari
- Italian Seasoning
- Smoked Paprika
- Garlic Powder
- Olive Oil
- Parsley
- Basil
- Onion Powder

**M** Chicken Cacciatore

**T** Creamy Lemon  
Chicken

**W** Cheeseburger Soup

**T** Chicken and  
Dumplings

**F** Old Fashioned Meatloaf