

GROCERY LIST

FOR THE WEEK OF: _____

PRODUCE

Lemon
Lime
Orange
Asparagus
Fresh Parsley
Garlic
Red Onion
Bell Peppers

OPTIONAL

Tofu
Avacado
Black Olives
Tomato

FRIDGE

Shredded Cheddar
Cream Cheese
Coconut Milk
Butter
Sour Cream
Shredded Mexican
Cheese Blend

MEATS

Kielbasa
Chicken Thighs
Ham
Rotisserie Chicken

FREEZER

Pierogis

PANTRY

Canola Oil
Olive Oil
Cilantro
Ranch Seasoning
Paprika
Garlic Powder
Cayenne Pepper
Onion Powder
Thyme
Oregano

Flour Tortillas
Penne Pasta
Red Enchilada Sauce
Salsa
Fire Roasted Tomatoes
Black Beans
Pinto Beans
Canned Corn