

WEEKLY GROCERY LIST

December 13, 2010

For grocery coupon match-ups and meal plans visit: www.family-health-and-nutrition.com

MEAT:

- Organic chicken thighs or drumsticks
- Organic chicken breasts (for salad or use shredded from lettuce wraps)
- Tilapia (or other favorite fish)
- Applegate Farms or other organic hot dogs
- Organic or grass-fed ground beef

DAIRY (can be substituted for non-dairy alternatives such as coconut milk, etc and I generally buy organically):

- Milk
- Feta cheese
- Eggs (or egg substitute)
- Shredded sharp cheddar cheese
- String cheese (optional snack)

PRODUCE (I generally buy organically):

- Romaine Lettuce
- Zucchini (enough for two meals)
- Garlic
- Green pepper
- Tomato
- Baby spinach
- Basil
- Green onion
- White onion
- Cilantro
- Apples (or other favorite fruit)
- Pears (or other favorite fruit)

GROCERY (I generally buy organically):

- Rice
- Soy or teriyaki sauce
- olive oil
- canola oil (optional for chili)

- kalamata olives
- Favorite Annie's Dressing for salad
- Whole grain crusty rolls
- Whole grain hot dog buns
- Food Should Taste Good Chips (or other favorite)
- Spinach pita wraps
- Red pepper hummus
- Cooking spray
- Chicken broth
- Onion powder
- Chili powder
- Cumin
- Paprika
- Cayenne pepper
- Salt
- Pepper
- Condiments for hot dogs
- Creole seasoning
- Annie's Mac and Cheese
- Applesauce cups
- Raisins/Mixed Dried Fruit (for snack and breakfast)
- Kidney beans
- Crushed tomatoes
- Organic soup (like Wolfgang Puck)
- Quick Cooking Rolled Oats
- Cornmeal
- Whole wheat flour
- Sugar
- Baking soda
- Baking powder
- Sugar
- Vanilla
- Maple syrup (instead of pancake syrup for oatmeal)

OTHER ITEMS I NEED: