

WEEKLY GROCERY LIST

For complete list of sales and coupon match-ups visit:

www.Family-Health-And-Nutrition.com

MEAT:

- Amy's Veggie Burgers
- Organic Chicken Breasts (enough for two meals and leftovers)
- Applegate Farms Chicken Nuggets
- Organic Hamburgers
- Applegate Farms Hot Dogs
- Ribs (optional)
- Steaks

PRODUCE:

- Organic Carrots (\$1. A bag at Kroger)
- Grape Tomatoes
- onion
- tomato
- garlic
- cilantro
- Red potatoes
- Baking potatoes (or sweet whichever you prefer for baking)
- squash
- Broccoli
- Peaches (buy extra! Organic on sale at Kroger this week)
- Strawberries (or whatever your family enjoys)
- Blueberries (or whatever your family enjoys)
- Watermelon

DAIRY:

- Organic Eggs (enough for one night's dinner and possibly breakfasts if needed)
- Mozzarella Cheese
- Organic milk for drinking
- Butter

GROCERY:

- Barbara's Fruit and Yogurt Bars
- Nature's Path Cereal
- Nature's Path Waffles
- Whole Grain hot dog buns
- Whole grain hamburger buns
- Whole grain loaf bread
- Whole grain pasta
- Italian dressing
- Dried Italian dressing packet
- Tortillas (enough for dinner and lunches)
- Rice
- Annie's Mac & Cheese
- Annie's Cheddar Bunnies
- Foil for baking potatoes
- Gensoy Chips
- Peanut Butter (r whatever nut butter your family enjoys)
- Fruit Spread
- Power Of Fruit Bars (if available in your area) or other whole fruit frozen bars

OTHER ITEMS I NEED: