

POSITIVELY STACEY

October Dinner Shopping List - Week One

Sunday, October 1 - Saturday, October 7

From the Pantry:

Extra Virgin Olive Oil
Kosher Sea Salt
Freshly Ground Pepper
Ketchup
Mustard
Mayonaise
Dried Basil, 2 teaspoons
Crushed Red Pepper Flakes, ½ tsp
Chili Powder, 1 tsp
Dried Parsley, 2 Tbsp
Dried Italian herb mix or herbs de Provence, 1 Tbsp.
Butter

Canned/Dried Foods:

Pickles
Balsamic Salad Dressing
Basmati Rice
Organic Bell Pepper Tomato Soup, 32 oz
White Beans, 15 oz
Kidney Beans, 15 oz
Black Beans, 15 oz
Pinto Beans, 15 oz
Penne Pasta, 1 pound
Marinara Sauce, 3 Cups

Meat Counter:

Ground Beef, 2 pounds
Ground Turkey, 1.5 pounds
4 tilapia fillets
Rotisserie Chicken, fully prepared

Dairy Aisle:

Sliced Cheese for Burgers
Grated Parmesan Cheese, 1 cup
Fontina Cheese, 1 cup grated
Mozzarella, ½ cup grated
Eggs, 8

Bread Aisle:

Hamburger Buns

Fresh Produce:

Head Lettuce
Russet Potatoes, 2
Cucumber
Cherry Tomatoes
Garlic, 9 cloves
Green Beans
Red Bell Pepper, 3
Salad Greens
Medium Yellow Onion, 2
Medium Red Onion, 1
Zucchini, 4
Summer Squash, 2
Cremini Mushrooms, 4
Bagged Salad

Freezer:

Steamable Mixed Vegetables
Chopped Spinach, 1 (10-oz.) package
Peas, 1 ½ cup

Other: