

POSITIVELY STACEY

September Dinner Shopping List

Sunday, September 10 - Saturday, September 16

From the Pantry:

Extra Virgin Olive Oil
Vegetable Oil
Dried Breadcrumbs
Mayonaise
Kosher salt
Freshly Ground Pepper
Oregano, dried
Red Pepper Flakes, crushed
Cumin, ground
Chili Pepper, ground

Canned/Dried Foods:

1 can Mexican-Style Stewed Tomatoes
1 can Corn
3 cans Black Beans
5 cups Vegetable Or Chicken Stock
Salsa
Tartar Sauce
Sun Dried Tomatoes, chopped
Annie's Roasted Red Pepper Vinaigrette
Arborio Rice

Meat Counter:

1 -1.5 pounds Cod
1.5 pound Hamburger
1 pound Bacon
2 Chicken Breast Halves

Dairy Aisle:

Butter
Shredded Mexican Cheese Blend
Parmesan Cheese, grated
¼ cup Mozzarella Cheese, shredded
Monterey Jack Cheese, grated
Small Nonfat Sour Cream

Bread Aisle:

Bread
Flour Tortillas, large
Hamburger Buns

Fresh Produce:

5 cloves Garlic
2 cups Packed Basil Leaves
2 cups Spinach Leaves
4 Lemons
3 Yellow Onions
1 bunch Asparagus
4 large Portabella Mushrooms
2 medium Zucchini
2 Red Peppers
5 Tomatoes
Romaine Lettuce
Head Lettuce
1 medium Carrot
Fresh Cilantro

Freezer:

2/3 cup frozen corn kernels, thawed
Trader Joe's Mahi Mahi Burgers
Frozen Sweet Potato Fries

Other:

Guacamole
Dry White Wine