

POSITIVELY STACEY

October Dinner Shopping List - Week Two
Sunday, October 8 - Saturday, October 15

From the Pantry:

Extra Virgin Olive Oil
Vegetable Oil
Kosher Sea Salt
Freshly Ground Pepper
Bread Crumbs
Ketchup
Garlic Powder
Thyme, dried and fresh
Oregano
Bay Leaf
Soy Sauce
Chili powder
Cumin
Sugar
Balsamic Vinegar
Paprika
Caraway seeds, 2 teaspoons
Marjoram, dried
Cayenne pepper

Canned/Dried Foods:

2 envelopes Lipton Dry Onion Soup Mix
Vegetable Broth, 8 cups
Chicken Broth, 4 cups
Chopped Tomatoes, 14 oz.
Salad Dressing
1 pound dried pinto beans
Tomato Paste
Wide Egg Noodles
Bread flour, 4 cups
1 envelope of yeast
Pizza Sauce

Meat Counter:

Ground Beef, 4 pounds
Salmon
Chicken Thighs

3 pounds boneless beef chuck roast, cut
into 2-inch cubes

Dairy Aisle:

Eggs
Sour Cream
Mozzarella Cheese

Bread Aisle:

Sandwich Bread

Fresh Produce:

Salad Greens
Garlic
Russet Potatoes
Yellow Onions, 4
Celery, 5 stalks
Carrots, 4
2 cups mixed chopped vegetables, your
choice (cauliflower, zucchini, or green
beans)
Cauliflower, 1 head
Broccoli
Ginger

Freezer:

Sweet Peas

Other:

Pizza Toppings (your choice)