

POSITIVELY STACEY
October Dinner Shopping List
Monday, October 22 - Saturday, October, 28

From the Pantry:

Mayonaise
Extra virgin olive oil
Kosher salt
Freshly ground pepper
All-purpose flour, 1 cup
Italian style bread crumbs, 2 cups
Plain panko crispy bread crumbs, 1 cup
Crushed red pepper flakes
Ground allspice
Worcestershire sauce
Butter

Canned/Dry Foods:

Tuna
Jar Fall Harvest Salsa
Tomato & Roasted Red Pepper Soup, two
Chicken Broth, 32 oz.
Marinara sauce
Medium egg noodles

Meat Counter:

Chicken breast tenders, 1 1/2 pounds
Lean ground beef, 1 lb.
Bacon, 12 oz.
Steak - your choice for grilling

Dairy Aisle:

Sliced Swiss cheese
9 large eggs
Shredded Parmesan, 1 cup
Milk
Heavy whipping cream, 3/4 cup

Bread Aisle:

English Muffins
Hamburger Buns

Fresh Produce:

Green Beans
Fresh Rosemary, 2 tbsp chopped
Flat-leaf parsley leaves, 2 handfuls
Garlic, 4 clove
Yellow onion, 2
Sweet Potatoes, 3
Red Bell Pepper, 1
Zuchinni, 4
Mushrooms
Head lettuce
Tomato, 3
Avocado, 2

Freezer:

Frozen organic brown rice
Frozen corn
Tater Tots
Trader Joe's Mahi Mahi Burgers

Other: