



[DINNER]

grocery staples shopping list

Been coming home to an empty fridge and pantry far too often? Let us help. Use this checklist for some ideas for your weekly staples that will carry you from Monday through Sunday.

PRODUCE

- Asparagus
- Baby carrots
- Bell peppers
- Broccoli
- Fruits of choice
- Garlic
- Lemon
- Onion
- Potatoes
- Salad fixings
- Shallots
- Spinach
- Tomatoes

DELI

- Lunch meats and cheeses

BREADS AND WRAPS

- Boboli pizza crust
- Dinner roll dough
- English muffins
- Extra rolls for deli-type sandwiches
- Loaf of whole grain bread
- Pita bread
- Tortillas

MEATS

- Bone-in chicken breasts
- Boneless chicken breasts
- Boneless pork chops
- Ground beef
- Ground turkey meat
- Sausage or bacon

CANNED AND DRY GOODS

- Black or refried beans
- Cannellini beans
- Cereal
- Chicken broth
- Cooking wine
- Crackers
- Crushed canned tomatoes
- Mac and cheese
- Mixed nuts
- Oatmeal
- Olives
- Pesto
- Rice
- Salad dressing
- Soup
- Spaghetti or your favorite dried pasta
- Taco kit
- Tomato paste
- Tomato sauce
- Tuna

DAIRY

- Cheese
- Eggs
- Hummus
- Juice
- Milk
- Whipped cream
- Yogurt

FROZEN FOODS

- French bread pizza
- Frozen veggies
- Frozen yogurt
- Ravioli or tortellini
- Veggie burgers

*feeling lazy?
pick up a few "emergency
meals"—frozen dinners
to pinch hit on those days
when you can't be
bothered with cooking*