

Menu Planning Central Shopping List

Family-Friendly Option - Sample

Fresh Produce

- (A) garlic – 2 tablespoons
- (A*) broccoli – enough for family
- (B) celery – 3/4 cup
- (B, F, G) onions – 1 tablespoon; 1 cup; 1 medium
- (B*) cantaloupe – 3 cups
- (B*) honeydew – 3 cups
- (B*, K) fresh mint – 1 teaspoon(B*); optional (K)
- (C*) tossed green salad – enough for family
- (D*, G) carrots – enough for family; 5
- (E*, G) potatoes – 4 3/4 pounds
- (F) tomatoes – 1 large
- (G*) grapes – enough for family
- (H) fresh chives – 3 tablespoons
- (H) fresh parsley – 1 tablespoon
- (K) blueberries – 1 cup
- (K) orange peels – optional

Bakery / Bread

- (C*) French bread – enough for family
- (D) seasoned bread crumbs – 1 cup
- (G*) Dinner Rolls – enough for family

General Grocery / Beverages

- (B*) lime juice – 2 tablespoons
- (H) vermouth – 1 tablespoon
- (J) Irish cream liqueur – 1/4 cup

General Grocery / Cooking and Baking

- (A) ginger – 2 teaspoons
- (A) olive oil – 1/4 cup
- (A, I, J) sugar – 2 tablespoons; 1/3 cup; 1/2 cup
- (B, I) almonds – 1/4 cup; 1 tablespoon
- (D) lemon pepper seasoning – 2 teaspoons
- (D) dill weed – 1/2 teaspoon
- (D) garlic powder – 1/4 teaspoon
- (E, E*, G, H, I, J) salt – 5 teaspoons
- (E, E*, G) pepper – 1 teaspoon
- (E, G, H, I, J) flour – 3 1/3 cups; 1 tablespoon
- (E*) onion salt – 1/2 teaspoon
- (F) garlic salt – 1/2 teaspoon
- (G) vegetable oil – 2 tablespoons (may substitute with olive oil)
- (G) thyme – 2 teaspoons
- (H) freshly ground pepper – to taste
- (I, J) baking powder – 1 1/2 teaspoons
- (I, J) baking soda – 1 1/4 teaspoons
- (I, J) vanilla extract – 2 1/4 teaspoons
- (I, J) brown sugar – 3 tablespoons; 1 cup
- (I) confectioners' sugar – 1/4 cup
- (J) mint chocolate chips – 2 cups (12 ounces)
- (K) graham cracker crust tart shells – 6 (4 oz. package)
- (K) cornstarch – 2 teaspoons

General Grocery / Condiments and Sauces

- (A, E) Soy sauce – 1 cup; 1 1/2 tablespoons
- (B) real mayonnaise – 3/4 cup
- (B*) orange marmalade – 2 tablespoons
- (B*) honey – 1 tablespoon
- (C) Parmesan cheese – 1/2 cup
- (C) spaghetti sauce – 2 cups

General Grocery / Dry Food and Mixes

- (A*) rice – enough for family
- (C) lasagna noodles – 4 ounces
- (D*) noodles – enough for family
- (F) wagon wheel pasta (rotelle) – 2 cups

General Grocery / Cereal and Breakfast

- (J) old-fashioned oats – 1 1/4 cups (may substitute with quick-cooking oats)

General Grocery / Canned and Bottled

- (B) sliced mushrooms – 1 can (14 1/2 ounces)
- (B) cream of mushroom soup – 1 can (10 1/2 ounces)
- (B) canned chow mein noodles – 1 can (3 ounces)
- (G) beef broth – 3 cups
- (K) peach preserves – 1/4 cup (may substitute with apricot preserves)

General Grocery / Snacks

- (E) sesame seeds – 1/4 cup

Frozen

- (I) raspberries – 1 cup (may substitute with fresh)

Dairy / Refrigerated

- (B, C, D, E, H, I, J, K) eggs – 15
- (C) ricotta cheese – 1 cup
- (C) mozzarella cheese – 1 package (6 ounces)
- (D, F, I) milk – 1 cup; 1 teaspoon
- (E, E*, H, I, J) butter – 1 1/3 cups; 6 1/2 tablespoons
- (E*) sour cream – 1/2 cup
- (E*, K) cream cheese – 7 ounces
- (F) Sharp cheddar cheese spread – 1 package (8 ounces)
- (F) shredded cheddar cheese – 1/2 cup
- (H) half and half – 1/2 cup
- (I) plain yogurt – 1/2 cup
- (K) Lemon custard yogurt – 1 container (6 ounces)

Meat / Fish

- (A) beef flank steaks – 2 pounds
- (B) turkey – 3 cups
- (C) bulk Italian sausage – 1/2 pound
- (D) salmon fillets – 4 (6 ounces each) (may substitute with frozen fillets)
- (E) chicken breasts – 8
- (F) ground beef – 1 pound
- (G) pork loin chops – 6 (3/4 inches thick)
- (H) Canadian bacon – 1/2 pound

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