

★1-Star Back-to-School Week, Solved Shopping List★



Proteins, Dairy & Grains

- Boneless Skinless Chicken Thighs (2 lbs)
- Eggs (6-count)
- Canned Black Beans (2 cans)
- Dry or Canned Lentils (1 bag or 2 cans)
- Milk (1 carton)
- Shredded Cheese (1 bag)
- Old-Fashioned Oats (1 container)
- White Rice (1 bag)
- Pasta (1 box)
- Flour Tortillas (1 package)
- Sandwich Bread (1 loaf)
- Mayonnaise (1 small jar)
- Frozen Corn (1 bag)



Pantry Staples & Spices

- Soy Sauce (1 bottle)
- Vinegar (1 bottle)
- Honey or Sugar (1 container)
- Oil (1 bottle)
- Baking Powder (1 container)
- Cinnamon (1 jar)
- Cumin (1 jar)
- Smoked Paprika (1 jar)
- Chili Powder or Cayenne (1 jar)
- Garlic Powder (1 jar)
- Dried Oregano (1 jar)



Produce

- Potatoes (5 lb bag)
- Bananas (5–6)
- Tomatoes (3)
- Onions (1–2)
- Cilantro (1 bunch)
- Jalapeño (1)
- Garlic (1 head)
- Limes (4–5)