

★ 5 Days or Family Favorites In 30 Minutes or Less Shopping List ★

Fresh Produce, Meat, and Dairy

- Apples (2)
- Oranges (2)
- Bananas (3)
- Cucumbers (2)
- Tomato (1)
- Bell pepper (1)
- Romaine hearts (1 bag)
- Baby spinach (1 large bag)
- Russet potatoes (4 medium)
- Carrots (6 medium)
- Lemon (1)
- Garlic (1 bulb)
- Ground chicken (1 lb)
- Boneless skinless chicken breast (4 1/4 lb raw)
- Cooked shredded chicken (2 cups)
- Ground beef (2 lb)
- Eggs (18-count)
- Plain yogurt (8 1/2 cups)
- Milk (3 1/2 cups)
- Shredded cheddar (5 cups)

Grains, Bakery, and Frozen

- Whole-wheat sandwich bread (8 slices)
- Small flour tortillas (24)
- Small corn tortillas (8)
- Mini bagels (8)
- Spaghetti (12 oz)
- Penne (12 oz)
- Instant rice (5 1/2 cups dry)
- Rolled oats (2 1/2 cups)
- Whole-wheat flour (1 1/2 cups)
- All-purpose flour (1/2 cup)
- Breadcrumbs (1 cup)
- Graham crackers (8 sheets)
- Croutons (1/2 cup)
- Chocolate chips (1/2 cup)
- Frozen corn (2 cups)
- Frozen broccoli (8 cups)
- Frozen strawberries (2 cups)
- Frozen blueberries (2 cups)
- Shredded mozzarella (2 cups)
- Grated Parmesan (1 1/12 cups)

Pantry, Canned Goods, and Condiments

- Cream cheese (10 oz)
- Caesar dressing (1/3 cup)
- Mayonnaise (1/4 cup)
- Black beans (2 cans)
- Tomato sauce (1 cup)
- Salsa (1 1/3 cups)
- Chicken broth (1 cup)
- Reduced-sodium soy sauce (5/8 cup)
- Ketchup (2 tbsp)
- Mustard (1 tsp)
- Cooking oil (about 1/3 cup)
- Butter (1 tbsp)
- Brown sugar (1/3 cup + 2 tbsp)
- Ground cinnamon (1 tsp)
- Vanilla (3 tsp)
- Baking soda (1 tsp)
- Italian seasoning (1 tsp)
- Taco seasoning (2 tsp)
- Ground ginger (1 tsp)