

WEEKLY GROCERY LIST

November 29, 2010

For grocery coupon match-ups and meal plans visit: www.family-health-and-nutrition.com

MEAT:

- Organic chicken breasts
- Grass-fed ground beef
- Applegate Farms Chicken Strips
- Shrimp
- Applegate Farms Organic Hot Dogs
- Uncured bacon
- Nitrate-free deli turkey (like Applegate Farms)

DAIRY (can be substituted for non-dairy alternatives such as coconut milk, etc and I generally buy organically):

- Milk for drinking
- String cheese
- Shredded cheese
- Organic Eggs
- Organic yogurt (Tuberz optional)
- butter

PRODUCE (I generally buy organically):

- collard greens
- romaine lettuce
- tomato
- onion
- carrots
- broccoli florets
- scallions
- mung bean sprouts (or other sprouts)
- cilantro
- chile or jalapeno peppers
- lime
- garlic
- apples

GROCERY:

- olive oil
- Annie's Ginger Dressing

- Annie's Honey Mustard Dressing
- Vegetable broth
- White rice
- Sea Salt
- Black pepper
- Red pepper flakes
- Hard taco shells
- Soft taco shells
- Refried beans
- Spanish rice (or you can use the white rice for the taco bar)
- Salsa
- Tortilla chips
- Whole grain rolls
- Kashi Pizza
- Thin rice noodles
- Basil leaves
- Mint leaves
- Peanuts
- Spring roll wraps
- Sugar
- Fish sauce (I personally am not using this)
- Hot Dog buns
- Annie's Mac and Cheese
- Loaf bread
- Peanut butter
- Fruit spread
- Mayonnaise
- Prepared pesto
- Mother's Natural Cereal
- Whole Grain English Muffins
- Applesauce cups
- Juice Boxes
- Country Choice Cookies
- Flatout Bread
- Food Should Taste Good Chips

OTHER ITEMS I NEED: