



# Two-week menu kit shopping list

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## Fresh produce

- 2 large onions
- 3 pounds potatoes
- 1 bunch celery
- 1 pound baby carrots
- 1 green bell pepper
- 16 bananas

## Canned and dry goods

### Vegetables:

- 3 14.5 ounce cans carrots
- 1 14.5 ounce can corn
- 1 14.5 ounce can diced tomatoes with green chilies
- 3 14.5-ounce cans diced tomatoes
- 4 15-ounce cans spaghetti sauce
- 1 15-ounce can prepared chili
- 4 15-ounce cans black beans
- 2 15-ounce cans kidney beans
- 1 15-ounce can garbanzo beans
- 2 15-ounce can cannellini beans
- 1 14.5-ounce can mixed vegetables
- 1 14.5-ounce can green beans

### Fruit:

- 3 large cans sliced pears
- 4 14.5-ounce cans sliced peaches
- 4 11-ounce cans mandarin oranges
- 1 20-ounce can pineapple
- 2 15-ounce cans mixed fruit
- 1 48-ounce jar applesauce
- 2 12-ounce boxes raisins
- 1 12-ounce bag craisins
- 1 bag dried fruit of choice

### Soup:

- 1 10.5-ounce can cream of mushroom soup
- 1 10.5-ounce can cream of chicken soup

- 4 quarts chicken stock (or 1 small jar chicken bouillon)

### Meat:

- 3 7.5-ounce cans salmon
- 2 5-ounce cans tuna

## Cereal, pasta and grains

- 1 9-ounce box regular Cheerios
- 1 canister quick-cooking oats
- 1 12-count box granola bars
- 1 pound penne pasta
- 1 pound elbow macaroni
- 1 pound spaghetti
- 1 pound brown rice
- 2 5.5-ounce boxes macaroni and cheese
- 2 9-ounce boxes whole wheat crackers
- 1 box graham crackers
- 1 box saltine crackers
- 1 6-count box microwave popcorn
- 1 16-ounce bag pretzels
- 2 loaves whole wheat bread
- 1 8-count package whole wheat tortillas
- 1 15-ounce canister bread crumbs

## Pantry staples

- Salt
- Pepper
- Garlic powder
- Onion powder
- Ground cumin
- Chili powder
- Cinnamon
- Dried oregano
- Dried basil
- Celery seed
- Dried parsley
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- Cayenne pepper
- 8-ounce jar Parmesan cheese
- Salsa
- 24-ounce jar vegetable oil
- All-purpose flour
- Prepared mustard
- Mayonnaise
- Cider vinegar
- Lemon juice
- Coffee
- Tea

## Meat and dairy

- 6.5 pounds chicken (frozen breasts, fresh, or 21 5-ounce cans)
- 1 pound ground beef
- 1 gallon low-fat milk
- 18 eggs
- 16 ounces shredded cheddar cheese
- 16-ounce package mozzarella cheese sticks
- 1 quart plain or vanilla yogurt
- 1 pound butter

## Frozen foods

- 1-pound frozen peas
- 2-pounds frozen broccoli
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- 2-pounds frozen Brussels sprouts
- 2-pounds frozen mixed vegetables