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

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## 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

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# **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
* 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
* 2-pounds frozen Brussels sprouts
* 2-pounds frozen mixed vegetables