

# january 2017 grocery list

Produce	Grocery	Dairy	Meat & Poultry
3 jalapenos	2, 28 oz crushed tomatoes	2 dozen eggs	5 lbs boneless chicken breast
4 bags salad mix	6, 28 oz tomato sauce	1, 32 oz shredded cheddar	1 lb ground turkey
2, 8 oz bags baby spinach	2, 28 oz tomato puree	1, 16 oz shredded cheddar	2, 16 oz bacon
4 heads garlic	3 boxes pasta of choice	1 qt milk	3 lbs ground beef
12 zucchini	1 box elbow macaroni	1, 12 ct american cheese	Pepperoni
1 pt baby tomatoes	Bread	1, 32 oz shredded mozzarella	2 lbs stew beef
4 roma tomatoes	3, 15 oz tomato soup	1, 16 oz shredded mozzarella	1 lb thin steak
2 heads romaine lettuce	Hamburger buns	2, 16 oz ricotta cheese	1, 3-4 lb whole chicken
1 head bibb lettuce	2, 15 oz diced tomatoes	1 qt cream	
5 lbs onions (about 15 small)	2, 15 oz black beans	Velveeta	
8 lbs potatoes	1, 15 oz pinto beans	Queso fresco	<b>Deli</b>
6 sweet potatoes	Taco shells	8 oz white sharp cheddar	
3 heads broccoli	1 taco size flour tortillas		
Basil	Caesar salad dressing		
5 lbs carrots	Asian salad dressing		
1 large knuckle ginger	BBQ sauce		
1 green pepper	1, 15 oz cream of chicken soup		
3 limes	2, 32 oz chicken stock		<b>Bulk &amp; Frozen</b>
1 lemon	2, 32 oz beef stock		3 lbs rice
3 bunches green onions	English muffins		2, 32 oz corn
1 large eggplant	Prepared pesto		1, 16 oz peas
Celery	almonds		1, 16 oz green beans
1 bunch parsley			1, 10 oz peas and carrots
1 red onion			1, 8 oz peas
2 granny smith apples			
<b>Freebies</b>	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		