

SPICES AND SEASONINGS

- 1 tablespoon sesame seeds
- 1 teaspoon Chinese five-spice powder
- 1 teaspoon ground mustard
- 1 teaspoon Italian seasoning
- 1-1/2 teaspoon dried basil
- 1-1/2 teaspoon ground cinnamon
- 2 teaspoon salt
- 3/4 teaspoon seasoned salt
- 1-1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 3/4 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1-1/2 teaspoons dried minced onion
- 2-1/2 teaspoons dried oregano
- 1-1/2 teaspoons Italian seasoning
- 3 teaspoons garlic salt

BAKERY

- 1/3 cup seasoned bread crumbs
- 10 slices Italian bread
- 24 8-inch flour tortillas
- 12 slices multigrain bread
- 4 English muffins
- 6 slices white bread

CANNED & PACKAGED

- 2 cans (10 oz) diced tomatoes and green chilies
- 3 cans (12 oz) albacore white tuna in water
- 1 can (15 oz) garbanzo beans or chickpeas
- 2 cans (15 oz) no-salt-added cannellini beans
- 1 can (15 oz) peas and carrots
- 2 cans (16 oz) refried beans
- 3 cans (28 oz) diced tomatoes
- 2 cartons (18.3 oz) ready-to-serve sweet red pepper soup
- 2 jars (24 oz) meatless pasta sauce
- 1/2 cup chicken broth
- 2/3 cup chopped roasted sweet red peppers

14-DAY MEAL PLAN GROCERY LIST

CONDIMENTS & SAUCES

- 1 can (10 oz) hot enchilada sauce
- 7 tbsp Dijon mustard
- 1/4 cup (plus 1 tbsp) soy sauce
- 2-1/2 cup mayonnaise
- 1/2 cup picante sauce
- 2/3 cup pitted Nicoise or other olives
- 1/2 cup creamy peanut butter (or other favorite nut butter)
- 1/4 cup reduced-fat honey mustard salad dressing
- 1/2 cup strawberry jelly
- 1/2 tsp hot pepper sauce
- 1-3/4 cups ketchup
- 1/2 cup hoisin sauce
- Your choice of yogurt and pancake toppings

DAIRY

- 1 cup shredded Monterey Jack cheese
- 3 dozen eggs
- 1 tube (8 oz) refrigerated crescent rolls
- 5 cups plain yogurt
- 7-1/2 cups shredded cheddar cheese
- 1 cup grated Parmesan cheese
- 1-1/4 cup sour cream
- 3/4 gallon milk
- 2 cups 4% cottage cheese
- 2 cups butter
- 3 oz cream cheese
- 8 cups part-skim shredded mozzarella cheese

FRESH PRODUCE

- 2 cups grape tomatoes
- 2 cups fresh mushrooms
- 1 medium cucumber
- 9 medium onions
- 1 small red onion
- 1 medium yellow summer squash
- 7 medium zucchini
- 2 green peppers
- 4 green onions
- 6 celery ribs
- 8 medium carrots
- 1 cup green grapes
- 7 cups fresh baby spinach
- 7 cups shredded cabbage
- 8 cups fresh arugula (or other favorite greens)
- 5 cups cubed cantaloupe (about 3.5 lbs)
- 1 tbsp lime juice
- 1 orange (for zest and juice)
- 2 lemons (for zest and juice)
- 1 medium tart apple
- 1/3 cup chopped fresh or frozen peaches
- 1-1/3 cup fresh or frozen blueberries
- 7 medium sweet potatoes
- 7 medium potatoes
- 8 large Yukon Gold potatoes (about 6 lbs)
- 1 tbsp minced chives
- 1/2 cup chopped fresh basil
- 2 tbsp snipped fresh dill
- 8 garlic cloves
- 5 tsp minced fresh gingerroot

MEATS

- 1 boneless pork shoulder butt roast (3 to 4 lbs)
- 1 lb bulk Italian sausage
- 1 lb bulk pork sausage
- 4 lb ground beef
- 1 lb salmon fillets
- 1 lb smoked kielbasa or Polish sausage, halved and cut into 1-inch pieces
- 2-1/2 cups cubed cooked chicken breast
- 6 boneless pork loin chops (8 oz each and 3/4 inch thick)
- 1 whole turkey or chicken for roasting

STAPLES

- 1 cup quinoa
- 1 package (16 oz) spaghetti
- 1 tbsp molasses
- 1 tbsp red wine vinegar
- 1 tbsp white vinegar
- 1/2 cup + 4 tbsp honey
- 5-2/3 cups old-fashioned or quick-cooking oats
- 2 cups pancake mix
- 8 tbsp olive oil
- 2-2/3 cups cooked brown rice

FROZEN

- 1 cup frozen peas and carrots (about 5 oz)
- 1 package (16 oz) frozen stir-fry vegetable blend
- 1 package (25 oz) frozen meat or cheese ravioli
- 1 package (28 to 32 oz) frozen fully cooked home-style meatballs
- 1/4 cup frozen corn (optional)