

Here's a grocery list for items on the 21-day dinner list. Also included in RED are some items you may want to pick up that are easy to store/freeze.

Meat

- 6 pounds beef
- 1 pound Italian Sausage
- Pepperoni or Sausage for Homemade Pizza
- Bacon Bits for pizza or baked potato toppings (also used in eggs)
- Bacon for Breakfasts or for Mini Quiche
- Lunchmeat

Dairy

- 4 bags Shredded Cheese (12 cups) This is really easy to freeze-possibly buy more
- Mozzarella Cheese for 2 pizza nights (about 5 cups) buy extra, it lasts a long time in the fridge and also freezes well. Also easy to throw in pasta bakes
- 3 cups Parmesan Cheese buy extra, lasts a long time in the fridge
- Butter (get at least 4-6 pounds for Breadsticks and cookies--buy extra, stock up on this)
- 2 large- Sour Cream (16 ounces)
- Cream (4 Cups) or you can buy 2-4 large jars of premade alfredo
- 2 dozen Eggs buy extra, they last a long time in the fridge
- 1-8 ounce Ricotta Cheese
- 2 cans- Refrigerated Biscuits or pre-made pie crust

Frozen

- Peas (if desired for Chicken Noodle Soup)
- Frozen Corn (or whatever you family likes to eat as a side)
- Frozen Broccoli (or whatever you family likes to eat as a side)
- Frozen Berries for Smoothies
- Juice--or buy it in jugs
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Baking

- Cooking oil - 1 quart
- Marshmallows 2 bags (stock up, so many easy cookie recipes)
- Coconut
- Corn Syrup
- Sugar
- Powdered Sugar
- Brown Sugar
- Syrup for Pancakes and Waffles
- Baking Soda and Baking Powder

- Chocolate Chips (Get Extra to keep on hand for making cookies)

Fresh Foods

- 6 large Onions
- Minced Garlic -jarred works great
- Lettuce (to use in taco salad, tacos, burrito bowls, etc.
- Salad Items (to use as a side for main dishes)
- Carrots
- 10# bag of Potatoes
- Any other fresh fruits and vegetables your family loves.

Spices

- Garlic Powder
- Salt
- Pepper
- Taco Seasoning
- Onion Powder
- Nutmeg
- Chili Powder
- Paprika
- Cumin
- Cayenne
- Vanilla

Canned Foods

- 4- Green Chillies -4 ounce can
- Salsa- 2 large bottles (get some extra, to add to tacos, salads, baked potatoes, and nachos)
- Enchilada Sauce 10 ounce
- 6- Black beans 15 ounces
- 4- Kidney Beans 15 ounce
- 5- Corn 15-ounce cans
- 2- Crushed Tomatoes 28 ounces
- 2- Tomato Paste (small can)
- Peanut Butter
- Evaporated Milk- To use in Potato Soup
- 4- Chicken Broth (Quart)
- Nutella
- Cookie Butter
- Spaghetti Sauce (6 jars or large cans- also an easy item to stock up on)

Dry Goods

- Rice #5 bag
- Tortillas corn/flour (enough for 3- 4 meals) **buy extra, lasts a long time in the fridge**
- 2 pkg- Fettucini Noodles
- 2 pkg -Spaghetti Noodles
- 2- Fun Pasta Noodles, curly noodles, Rigatoni, whatever you family likes **(stock up for easy meals)**
- 1- Old Fashioned Egg Noodles (for chicken noodle soup)
- Fritos Chips (To eat with one of the chili days)
- Tortilla Chips for Taco Soup and/or Chili
- Flour
- Sugar
- Yeast
- Corn Flakes
- Rice Crispies
- Oats

Snacks (not part of the grocery list but great to have on hand)

- Crackers
- Dried fruit like raisins, cranberries, apricots, mangoes, and apples
- Fruit snacks
- Hard candy
- Nuts
- Popcorn (unpopped)
- Hot cocoa
- Hot apple cider
- Crystal Light or other fruit drink mixes
- Kool-Aid (requires sugar)
- Tang
- Country Time powdered lemonade
- Cake mixes
- Cans of frosting
- Brownie mixes
- Cookie mixes
- Packaged cookies (can be stored about six months)
- Pudding mixes (if you have access to fresh milk, canned milk or powdered milk)
- Jello Mixes
- More canned and bottled fruits
- More canned and bottled vegetables
- Cereal, if milk or powdered milk is available

