

Week 2 Menu & Shopping Guide

Tacos/Tostadas

Breakfast for Supper

Chicken & Dumplings,
Green Beans, Cream
Cheese Chili Corn

Orange Chicken & Fried
Rice

Cheeseburgers (french
fries or chips)

Hamburger Steak, Brown
Gravy & Rice, Broccoli &
Cheese, Fried Squash

MEATS:

Large Pack of Chicken
Breast
3-4 pounds of
Hamburger meat
Bacon
Breakfast Sausage

FRESH PRODUCE:

Zucchini
Yellow Squash
Tomatoes
Lettuce
Minced garlic (I like to buy
it by the big jar)
Ginger
Potatoes

BREADS:

Tortillas, Taco Shells,
Tostada Shells
Hamburger Buns

DAIRY:

Heavy whipping cream
Cream cheese
Sour Cream
Sliced Cheese
Shredded Cheese
Butter
Eggs
Biscuits (or make your
own from scratch)
Orange Juice

FROZEN & REFRIGERATED

French Fries
Broccoli Florets

CANNED/PACKAGED:

Taco seasoning
Beef Broth
GOYA ham seasoning (for
beans and peas)
Sweet Whole Kernel Corn
Green Chilis
Green Beans
Refried Beans
Rice
Soy Sauce
Sesame Oil
Teriyaki Sauce
Picante Sauce
Cream of Chicken
Soup
Velveeta cheese
Chips

NOTES:
