

Shopping List for Two Weeks of Pantry and Fridge Meal Recipes

www.gritsandpinecones.com

Go through the list and cross off anything you already have in your pantry, fridge or freezer and then just purchase what you need.

Meat and Poultry:

- 2 lb ground chuck
- 1 lb ground Italian sausage
- 9 split chicken breasts, bone-in, skin-on
- 4-5 lb whole roasting chicken
- 1 Boston Butt pork roast 4-7 lbs
- 2 pork tenderloins
- 2 boneless, skinless chicken breasts
- 4 Rib Eye Steaks, 1-1/2 inches thick

Condiments and Seasonings:

- Olive Oil
- Kosher Salt
- Ground Black Pepper
- Dried Italian Seasoning
- Garlic Powder
- Chili Powder
- Ground Cumin
- Sugar
- Onion Powder
- 2 cups all-purpose flour
- 3 Tbsp ground mustard
- 1 bottle of your favorite BBQ sauce
- Low-sodium soy sauce
- 1/2 cup bourbon
- ½ cup brown sugar
- Mayonnaise
- 1 tsp white vinegar
- 1 pkg dry taco seasoning mix

Jarred and Canned Goods:

- Small can black olives
- 2-28 oz cans whole peeled tomatoes

- 16 oz can stewed tomatoes
- 3-10 oz cans diced tomatoes and green chilies, Rotel
- 2-15 oz cans fire roasted chopped tomatoes
- 6 oz can tomato paste
- 14.5 oz can petite chopped tomatoes
- 2 15 oz cans black beans
- Ranch or blue cheese salad dressing
- 1 bottle buffalo sauce
- 2-40 oz boxes reduced sodium chicken broth or stock
- 1 can cream of mushroom soup
- 16 oz jar salsa verde
- 16 oz jar regular salsa
- 1 tsp pure maple syrup

Produce:

- 3 onions, or equivalent amount of frozen chopped onion
- 1 lb fresh sliced mushrooms, or jarred or canned mushrooms
- 10 cloves fresh garlic, can substitute garlic powder
- 1 bell pepper
- 5 lb bag russet potatoes
- 1 bag frozen broccoli pieces
- 2 carrots
- 2 celery ribs
- 1 lemon

Dry Ingredients:

- 16 oz spaghetti
- 8 oz pkg egg noodles
- 16 oz dry elbow macaroni
- 1 box Ritz crackers
- 8-10 flour tortillas either 8 inch or 10 inches
- 11 oz bag tortilla chips
- 2 cups panko

Eggs, Cheese, and Milk:

- 6 Eggs
- 1 cup heavy cream
- 4 oz fontina cheese
- 8 oz feta cheese

- 3 cups parmesan cheese
- 4 oz mozzarella cheese
- 16 oz sour cream
- 9 cups sharp shredded cheddar cheese
- 1 lb butter, I usually use unsalted
- ½ gallon whole milk
- 4 oz cream cheese
- 16.3 oz can refrigerated biscuits
- 2 cups grated Mexican cheese
- 2 cups Monterey Jack Cheese