



Grocery List (By Category)



Meat

- Pork roast
- Italian turkey sausage
- Chicken breasts or thighs (5–6 total)
- Ground beef or turkey
- Frozen meatballs
- Bacon or breakfast sausage



Produce

- Bell peppers (3–4)
- Yellow onions (2–3)
- Potatoes (3–4)
- Carrots (2–3)
- Garlic (optional)
- Fruit (for sides/snacks)



Dairy

- Shredded cheese
- Butter
- Milk (for mac & cheese)
- Eggs



Pantry

- Egg noodles (2–3 bags)
- Pasta (any kind)
- Rice (jasmine or long grain)
- Canned diced tomatoes (1)
- Tomato paste
- Jarred marinara sauce
- Knorr sides or boxed pasta mixes

- Canned soup
- Instant mashed potatoes
- Tortillas
- Bread
- Crackers



Spices & Oils

- Olive oil
- Salt & pepper
- Dried oregano
- Paprika
- Garlic powder



Condiments

- BBQ sauce
- Maple syrup (MUST BE REAL)
- Soy sauce
- Coke (1 can)