

Shopping List

Picky Palate's 3-a-Day™ Menu Plan



Item	Category	Item	Category
Eggs	Dairy	Pre-cooked bacon strips	Meat
Milk, low fat or fat-free	Dairy	Ground Italian Sausage	Meat
shredded Italian cheese blend	Dairy	Cooked chicken breast, shredded	Meat
Tillamook medium Cheddar cheese	Dairy	Ground turkey	Meat
2 - 15 oz containers Ricotta Cheese	Dairy	Diced pancetta	Meat
Grated Parmesan cheese	Dairy	Boneless skinless chicken breasts, thawed	Meat
Shredded Mozzarella cheese	Dairy	Chicken tenders	Meat
Reduced fat vanilla yogurt	Dairy	2 lbs dry ziti pasta	Pasta
Butter	Dairy	2 lbs dry linguini pasta	Pasta
Crumbled gorgonzola	Dairy	3 Jars of Classico Pasta Sauce	Pasta
Fresh Mozzarella balls	Dairy	Whole grain wheat bread	Bakery
Fresh Mozzarella cheese	Dairy	Ciabatta rolls	Bakery
Half and half	Dairy	Mini crusty rolls	Bakery
Cups Borden Six Cheese Italian Shreds	Dairy	Wild rice, cooked	Grains
Shredded Tillamook Cheddar Cheese	Dairy	Salt	Supplies
Light sour cream	Dairy	Pepper	Supplies
Heavy cream	Dairy	Flour	Supplies
Onion	Produce	Cream of tartar	Supplies
Red and green bell pepper	Produce	Italian Seasoning	Supplies
Garlic	Produce	Brown sugar	Supplies
Fresh baby spinach	Produce	Tabasco Sauce	Supplies
Avocado	Produce	Lawry's garlic salt	Supplies
Fresh basil	Produce	Powdered sugar	Supplies
Asparagus	Produce	Extra virgin olive oil	Misc
Sun dried tomatoes, marinated in olive oil	Produce	Garlic salad croutons	Misc
artichoke hearts marinated in olive oil	Produce	Package of shortcakes	Misc
Arugula	Produce	Honey	Misc
Tomatoes	Produce	Oats n' Honey crunchy granola bars	Misc
Large carrots	Produce	Plain Instant oatmeal packets	Misc
Zucchini	Produce	Peanut butter	Misc
Celery	Produce	Mayonnaise	Misc
Frozen corn, bag	Produce	Balsamic vinegar	Misc
8 fresh ears of corn	Produce	1 can cream of chicken soup	Misc
sugar snap peas	Produce	1 can cheddar cheese soup	Misc
5 lb bag potatoes	Produce	Chicken broth	Misc
Fresh strawberries	Produce	Capers	Misc
Bananas	Produce	Chipotle peppers in adobo sauce	Misc
2 lbs ground beef	Meat	Peach preserves	Misc
Prosciutto	Meat	BBQ sauce of choice	Misc