

This week's SHOPPING LIST

Produce

- 2 cloves garlic
 - 1 red onion
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Meat & Dairy

- 1 dozen eggs
 - ½ gal whole milk
 - 1 bag shredded cheese
 - 16 oz half and half
 - 1 c grated parmesan cheese
 - 2 packages bacon
 - 1 lb ground beef or 1 package frozen meatballs (whichever fits the budget better)
 - 2-3 lb chuck roast
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Pantry & Canned Goods

- 1 package english muffins
 - 1 package flour tortillas
 - 1-2 packages pasta
 - 2 can cream of mushroom soup
 - 1 14 oz can beef broth
 - 1 package instant mashed potatoes
 - 1 can black beans
 - 1 can corn
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Spices & Seasonings

- 2 envelopes dry onion soup mix
 - 1 packet taco seasoning
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✓ Optional / Nice-to-Have

- 1 beef bouillon cube for the pot roast
- 1 bag frozen veggies to serve alongside the pot roast
- 1 avocado for the breakfast sandwiches