

Noel's Kitchen Tips

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July 2013 Grocery List

Remember to check the items in your pantry first. Cross off any items that are already in your pantry or that are Made Ahead Meal Packets in your freezer. Shopping from your pantry first, is a great way to save money and limit food waste.

{This grocery list is based upon my family of 4 – with having leftover meals. This grocery list also includes the weekly emergency items to stock up on each week for just \$5 or less each week (cost is for two adults but I add another \$5 a week for two kids.)}

Meats

10 lbs. ground turkey

1 lb. ground sausage

1 lb. bacon

2 packages hot dogs (*if it's cheaper to buy the family pack, but the family pack.*)

16 chicken breasts

3 pounds thinly sliced deli ham (*Wal-Mart or Winco usually has deli-sliced ham in the meat section for a great price!*)

Canned Foods/Pantry Items

Ketchup

2 (14 - ½ -oz.) cans stewed tomatoes, pureed

4 (8-oz.) cans tomato sauce

2 (6-oz.) cans tomato paste

4 (16-oz.) cans of diced tomatoes

Mayonnaise

Parmesan Cheese

1 (10 ¾ oz.) can Cheddar Cheese soup (*or use my homemade condensed Cheddar Cheese Soup*)

2 cans re-fried beans (*or make your own -recipe on my blog.*)

1 can Pumpkin Pie Spice Filling

Apple juice

Mustard

1 (15-oz.) can green beans

2 (15-oz.) can corn

1 (15-oz.) can pinto beans with liquid (*or buy dry pinto beans. Much cheaper and you can use in multiple meals. Plus it builds up your emergency food storage supply.*)

1 (15-oz.) can kidney beans with liquid (*or buy dry kidney beans.*)

1 (14.5 oz.) can crushed tomatoes

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- 1 (67-oz.) jar/container of salsa (*this will last us all month long.*)
- 1 bottle BBQ sauce (*or make your own – recipe on the blog*)
- 1 small can pitted olives

Baking Items

Bread Crumbs (*save any leftover bread and process in your food processor to make your own. Store in a Ziploc bag in the freezer.*)

Flour

Oil (extra virgin olive oil, canola oil, vegetable oil or soybean oil)

Sugar

Brown Sugar

Maple flavoring

Vanilla

Seasoning Salt

Garlic Salt

2 envelopes taco seasoning (*or use homemade –recipe on the blog*)

Paprika

Onion Powder

3 cubes beef bouillon

Dried Basil

Dried Oregano

Garlic Powder

Cumin

Nutmeg

Freezer/Fridge Section

Butter/Margarine

Sour Cream (*I buy a big container from Costco or Winco – it lasts all month long*)

4 packages shredded 8 oz. Cheddar cheese

3 packages shredded 8 oz. Mozzarella cheese

1 package sliced Sharp Cheddar cheese

1 package frozen mixed vegetables

Milk (*buy as much as you family drinks. You'll need 4 ¾ cup milk for the Béchamel sauce in the Baked Mini Meatballs with Rigatoni Recipe.*)

1 dozen eggs

2 packages (8-oz.) refrigerated crescent rolls

Grains/Pasta

1 package medium egg noodles

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2 packages hoagie rolls (*or you can make your own*)
4-5 flour tortillas
Rice
1 package of hot dog buns (*or make your own – recipe on the blog*)
1 package of Kaiser rolls

Produce

3 onions
12 Russet potatoes
3 bunches of fresh broccoli
1 red onion
1 lb. carrots
Celery
Garlic
Lettuce (spring mix or iceberg)
2 plum tomatoes
2 green onions

Emergency Food Storage Plan x 2 People –remember to double for a family of 4 or triple for a family of 6, etc.

Week 1: 6 pounds of salt
Week 2: 5 cans Cream of Chicken Soup
Week 3: 20 pounds of sugar
Week 4: 8 cans Tomato soup
Week 5: 50 pounds of wheat

Notes:

- *Be sure to include your favorite pizza toppings in this month's grocery list. Make any quantity adjustments to fit your family's needs.*
- *Include any of your family's favorite taco toppings in this month's grocery list.*
- *Add any additional items you may want for Potato Bar Night in this month's grocery list.*
- *Make sure to check your baking staples and make sure you have enough for this month's recipes. I always like to buy items like sour cream, butter, milk and such in bulk from Costco or Cash n Carry restaurant supply store. Then I know for sure I have enough to cover us for the whole month. Some months, I carry items over to the next month's meal plan. Just be sure to check expiration the expiration dates. ☺*
- *I normally buy 4 boxes of margarine (4 cubes in each box) to use each month. When butter is on sale, I do the same with butter both salted and unsalted. It's always great to have some stored in my freezer to use for baking, etc.*

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- I buy my hot dogs in the family size pack. Sometimes it's cheaper. They can last us about 2 months, depending on what's on our monthly menu.

I don't usually buy small packages of cheese. It's actually a lot cheaper to buy the larger cubes and shred your own. The only time I buy the pre-packaged cheese is if it's on sale. Price match the grocery store ads to find the best deals.

- Later this year (fingers crossed), we'll be canning our own beans using my pressure cooker. If you have a garden and planted veggies, take advantage of your home grown foods. You can save money by cooking dry beans at home.