

The Kitchen Chalkboard

Winter Meal Plan

Shopping List*

Canned Goods

- Black Beans
- Great Northern Beans
- Pineapple Tidbits
- Pinto Beans
- Ro-tel tomatoes

Dairy/Eggs

- Parmesan Cheese
- Pepper Jack Cheese

Grains

- Italian Seasoned Bread Crumbs
- Orzo
- Panko

Meat & Seafood

- Ground Beef
- Ground Chicken
- Ham

Misc.

- Almonds, Slivered
- Fritos

Oils, Sauces, Vinegars

- Sesame Oil

Spices

- Bay Leaves
- Dried Basil
- Red Pepper Flakes

Fruits/Vegetables

- Baby Spinach
- Carrots
- Cilantro
- Garlic
- English Cucumber
- Ginger
- Green Onions
- Lime
- Onions
- Red Bell Peppers
- Red Cabbage

* Does not include pantry items. See <http://thekitchenchalkboard.com/well-stocked-kitchen/> for the complete list.