

1 List, 5 Meals ✓

Use our 30-ingredient or less shopping list to make meal planning easy.

Fresh Produce

- 3 onions
- 1 bunch green onions
- 4 garlic cloves

Dairy

- 5 cups 1% low-fat milk
- 2 cups egg substitute
- 2 eggs
- 1 cup half-and-half
- 1 (8-ounce) block fat-free cream cheese
- 1 (8-ounce) block 1/3-less-fat cream cheese
- 3/4 cup (3 ounces) shredded sharp cheddar cheese
- 3/4 cup (3 ounces) shredded Monterey Jack
- 1/2 cup fat-free sour cream

Meat, Poultry, Seafood

- 2 pounds lean ground beef
- 6 ounces chicken andouille sausage
- 1 1/4 pound skinless, boneless chicken breasts
- 1 3 1/2- to 4-pound chicken

Other

- 1/2 cup beer

Pasta, Rice, and Grains

- 1 (3 1/2-ounce) bag boil-in-bag long-grain rice
- Boxed mashed potatoes*
- Spanish rice*

Canned Goods

- 2 (15-ounce) cans light red kidney beans
- 1 (12-ounce) can tomato juice
- 1 (10 3/4-ounce) can tomato soup
- 1 cup fat-free, less-sodium chicken broth
- 1 (15-ounce) can black-eyed peas
- 1 (14 1/2-ounce) can no-salt-added diced tomatoes
- 1 (28-ounce) can whole tomatoes
- 1 (2 1/4-ounce) can sliced ripe olives
- 2 (4 1/2-ounce) cans chopped green chiles
- 1/2 cup salsa

Freezer

- Cheese or garlic Texas toast*

Breads

- 24 slices cinnamon-raisin bread
- 6 (6-inch) corn tortillas

*Optional Side Dishes: We included our suggested pairings, but feel free to substitute your family's favorite.

Already in the Pantry

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|-----------------------|------------------|
| All-purpose flour | Hot pepper sauce |
| Bottled minced garlic | Kosher salt |
| Cajun seasoning | Olive oil |
| Chili powder | Pepper |
| Ground coriander | Salt |
| Ground cumin | Sugar |
| Ground nutmeg | Vanilla extract |
| Ground red pepper | |