

# Good Combo Shopping List, Week One (I do this at Aldi):

## Frozen or Fresh Meat:

- ground meat, 15 lbs
- sausage, 12 lbs
- ham, 3 lbs bone-in
- ham, 1 lb breakfast
- salmon, 4 lbs
- tilapia, 4 lbs
- thighs, chicken, 6 lbs
- pot roast--beef, 6 lbs
- pot roast—pork, 3 lbs
- kielbasa, 3 lbs
- burgers, 6 lbs
- Loin, 3 lbs
- chicken breast, 6 lbs
- turkey breast, 4 lbs
- drumsticks, 3 lbs
- ribs, 3 lbs
- bacon, 1 lbs
- chicken strips, 3 lbs
- lunchmeat, 4 lbs (2 for lunch)

## Frozen:

- peas, 12 lb
- blueberries, 1 lb
- strawberries, 8 lbs
- fruit, 4 lbs
- hashbrown, 40 patties
- broccoli, 6 lbs
- cauli rice, 3 lbs
- taquito, 2 boxes
- stir-fry veggies, 3 lbs
- green beans, 3lbs
- brussels, 6 lbs

## Canned:

- olives, 12
- tuna, 16
- salsa, 4
- tomato paste, 8
- tomatoes, 24 oz, 8
- broth, 4 quarts
- honey
- applesauce, 2
- pickles, 4
- sauerkraut, 4
- artichokes, 2
- mandarin oranges, 2

## Condiments:

- ketchup
- mustard
- pb, 7 (2 for lunches)
- (jam, 2)
- BBQ sauce
- syrup
- bacon bits, 4 baggies

## Baking:

- sweetener, 8-10 c
- olive oil
- ACV
- salt
- cocoa powder, 2
- balsamic
- Coconut oil
- chia seed, 4 cups
- sunflower seeds, 5 cups
- flax meal, 6 c
- pecans, 1 lb
- vanilla
- marshmallows
- chocolate chips

## Spices:

- oregano
- wet garlic
- cinnamon
- cumin
- minced onion
- cayenne

## Convenience:

- rice or lentil pasta, 2 lbs
- rice krispy cereal, 1
- cereal, 2
- guacamole
- hummus
- Chips, 8 (4 for lunch)
- juice half gallon, 2
- tortilla chips, 2 bag
- (GF bread, 2 loaves)
- (trailmix, 2 lbs)
- (granola bar, 10)
- (applesauce, individual 10)
- (other fruit, individual 10)
- Chocolates, 30
- Sparkling water, 2 dozen
- Nuts for Daddy
- (juice boxes)
- bottled water for shopping
- syrup

## Fresh:

- eggs, 12 dz

- butter, 12 lbs
- butter, Kerrygold, 4 lbs
- bananas, at least 12
- other fruit, 30 pieces+
- carrots
- celery
- onion
- squash
- raw veggies for buffet
- raw veggies for pasta salad
- salad, 2 lbs
- purple cabbage
- cabbage for soup
- shredded cabbage, 2 lbs
- spinach, 1 lb
- Greens, like Kale or Collard
- veggies to ferment and flavors

## Home supplies:

- TP
- Paper towel
- Sponges
- paper plates and bowls
- diapers
- baggies
- napkins
- baby wipes

## Monthly Not Aldi:

### Order:

- Protein powder, 30 servings
- flour, 14 c+ (GF, Namaste)
- Coconut Milk, 12 cans (coconut wraps)
- coffee, 5 lbs
- raisins, organic, 4 lbs

### Hy-Vee (Delivered?):

- frozen peppers, 6 bags
- cauliflower, 3 lbs
- almond flour, 15 c
- winter mix, 4 lbs
- shredded coconut, 2 lbs
- hot rice cereal, 2 boxes
- tapioca
- vegan mayo, 4
- stevia, liquid
- spinach, 3 lbs
- Coffee Filters
- Pads/Tampons
- Muffin wrappers
- aminos
- TM throat coat tea
- laundry soap
- dishwasher soap
- handsoap
- dishsoap
- cheeze shreds, 16 oz

### Walmart:

- Italian Dressing, 1
- (GF) Crackers, 5
- coleslaw dressing, 2
- gelatin, 32 packets
- coconut flour, 2 c
- corn tortillas, 8
- beets, 8
- split pea, 2 lbs
- lentils, 4 lbs
- lemon juice
- almond milk, 2 gal
- lentil noodles, 4 boxes
- xanthan gum
- yeast
- poppyseed
- Yogi Kava stress relief tea
- coconut oil cooking spray
- liquid coconut oil
- dixie cups

### Sam's Club:

- bieler's hotdogs, 5 lbs

### From the Farm:

- whole chicken, 4
- honey

**Week Two:**

- sweet potatoes
- fruit for fruit salad
- bananas (at least 12)
- other fruit (30 pieces)
- carrots
- celery
- onion
- eggs, 6 dz
- veggies, raw for buffet salad, 2 lbs
- coleslaw, 2 lbs
- Kale or Collard Greens
- veggies, raw to ferment

**Week Three:**

- squash for soup
- baked potato
- bananas (at least 12)
- other fruit (30 pieces)
- carrots
- celery
- onion
- eggs, 6 dz
- veggies, raw for buffet salad, 2 lbs
- coleslaw, 2 lbs
- Kale or Collard Greens
- veggies, raw to ferment

**Week Four:**

- sweet potatoes
- apples and grapes for waldorf salad
- fruit for fruit salad
- bananas (at least 12)
- other fruit (30 pieces)
- carrots
- celery
- onion
- eggs, 6 dz
- veggies, raw for buffet salad, 2 lbs
- coleslaw, 2 lbs
- Kale or Collard Greens
- veggies, raw to ferment