

7 EASY RECIPES FOR A FAMILY OF FOUR

GROCERY LIST

Protein

- 1 lb smoked sausage
- 1 (8 count) package hot dogs
- 2 cans tuna

Grains & Starches

- 1 (2 lb) package long-grain rice
- 1 (16 oz) package egg noodles
- 4 packages ramen noodles
- 1 loaf whole grain bread

Canned Goods

- 2 cans kidney beans
- 2 cans tomato soup
- 1 (28 oz) can baked beans
- 1 (14.5 oz) can tomato sauce
- 1 (15 oz) can diced tomatoes
- 1 can cream of mushroom soup

Frozen Vegetables

- 1 (32 oz) package frozen mixed vegetables
- 1 (12 oz) package frozen broccoli

Produce

- 2 green bell peppers
- 1 red bell pepper
- 2 onions
- 1 garlic sleeve (3 bulbs)

Dairy & Refrigerated

- American cheese slices (16 oz)
- 1 (8 oz) package shredded cheddar cheese
- 1 (2 pack) butter

Condiment & Pantry

- 1 bottle ketchup
- 1 bottle Worcestershire sauce
- 1 bottle mustard
- 1 bottle soy sauce

Seasonings & Oil (you may have these items on hand)

- Salt, pepper, garlic powder, Italian seasoning, paprika, chili powder, vegetable oil