

Grocery shopping for our family of 17 (15 children and two parents) has always been monumental! This is why I have created printable tools to help simplify the whole process. I share them in hopes they will help you, too.

These lists are neither exhaustive nor definitive. Glean what you can from them and then change them according to your likes and needs. Cross out any nonsense you find and feel free to fill in the blank lines provided as you see fit.



Staples

STARCHES

Rice–the big bags are cheapest, and I prefer parboiled to brown rice	
Potatoes–in multiple forms; baking, French fries, hash browns, etc.	
Pasta–very big around here; we like all types, including ramen	
Flour-both white (which I supplement with wheat germ) and whole wheat	
Corn meal and/or cornbread mix	
Loaf bread and buns (whole-wheat)	
Tortillas	
Taco shells	
French bread	
Pretzels	
Chips (potato, plain)	

FRUITS AND VEGGIES

Carrots–the large ones are cheaper than the baby ones, although
we do go for the convenience at times
Celery
Lettuce or salad (or coleslaw) mix
Cucumbers, when they are cheap
Fresh tomatoes–usually roma since they are the cheapest
Sweet peppers–green unless the red ones are on sale
Red onion–I buy about one a week since only a few of us enjoy fresh onion, and the red variety is so much easier on the digestive system than the white or even the yellow.
Canned, diced tomatoes
Tomato paste (I have found that tomato sauce is a waste of money)
Canned green beans
Canned corn
Frozen veggies such as carrots and peas for soup
Apples
Bananas
Oranges
Berries when in season and/or on sale
Frozen fruits such as berries and cherries
Melons when in season or on sale
Canned fruit such as pineapple, peaches, and pears
Applesauce
Frozen veggies, especially the bags for steaming from Sam's

DAIRY

Whole milk–here is just one link which expounds the benefits of dairy fat
Real butter-see the link above
Sliced Colby or any other "orange" cheese
Shredded "orange" cheese (we purchase our shredded cheeses in huge bags then repackage in smaller bags and freeze)
Shredded mozzarella
Parmesan
Yogurt for special or when on sale
Sour cream
Cottage and cream cheese when called for

PROTEINS

Hamburger (we precook it in bulk and the pack it in meal-sized bags in the freezer)
Chicken (boneless-skinless breasts oven-roasted and in bags in the freezer)
Meatballs
Hamburger patties
Bacon
Smoked sausage
Hot dogs (we buy these in bulk, repackage, and freeze)
Breakfast sausage
Pepperoni
Dried legumes
Canned legumes
Peanut butter
Eggs
Pork roast and chops
Roast
Stew meat

CONDIMENTS SPICES AND BAKING

Ketchup
Mustard
Mayonaise
Ranch dressing
Barbeque sauce
Teriyaki sauce
Soy sauce
Salsa
Pickles
Raw apple cider vinegar
Lemon juice
Blackstrap molasses
Pancake syrup
Jelly or jam
Brown gravy mix (in bulk from Sam's it is very cheap, otherwise it works out to something like \$40 a pound in those little packets!)
Chicken and beef broth cubes or powder
Canned cream soup

Onion powder
Garlic powder
Taco seasoning (again, in bulk from Sam's)
Cornstarch
Baking soda
Baking powder
Instant, dry yeast
Wheat germ
Cooking oil
Baking spray
Cinnamon
Ginger
Cloves
Salt
Pepper
Curry seasoning
Brown sugar
Powdered sugar
Cake mixes (only if they are \$1 or less on sale)
Chocolate chips
Craisins
Other dried fruit such as raisins, mangoes and cherries



BREAKFAST

Cereal and toast w/butter and jelly		
Cheese omelets and toast w/butter and jelly		
Scones with fruit and tea		
Waffles (with wheat germ and sometimes fruit) with butter, syrup, and milk		
Muffins with fruit and tea or milk		
Bacon, eggs, and hashbrowns		
Huevos rancheros		
Biscuits and gravy		
Egg and cheese muffins		

SNACKS AND SWEETS

Homemade cookies and bars of all types
Cheese sticks
Fresh fruit
Carrots and other fresh veggies
Quick breads such as banana, pumpkin, and lemon
Muffins
Jello
Rice pudding
Carrot cake
Graham crackers
Corn chips and salsa
Cinnamon rolls
Cakes

DINNERS AND SUPPERS

Spaghetti	Homemade chili
Hamburger beef Stroganoff	Potato soup
Taco bar	Stew
Pizza (homemade with crust from scratch)	Mac and cheese
Hamburgers and fries	Salad with meat, eggs, and cheese
Beef gravy over mashed potatoes or rice	Chinese fried rice
Fried canned salmon croquettes and fries	Omelets
Beans and cornbread	Sandwiches of every type (including pbj's, baloney (yes, we eat ba-
Mexican beans and sides (such as tortillas, salsa, cheese, sour cream, fresh tomato, etc.)	loney and we like it!), lunch meat, tuna, chicken salad, egg salad, etc.)
Nachos	Quesadillas
EZ, PZ chicken, cheese and rice (a recipe my oldest daughter made up that her children just love, and so do her younger siblings)	Chicken pot pie
Meatball soup	Chicken noodle soup from scratch
Pasta with vegetable sauce	Meat, such as roast, barbeque-baked chicken, or chops, with stuff- ing or potatoes
"Cheezie brains"–essentially macaroni with butter and cheese, an absolute favorite with the little girls	
Cold pasta salad	
Roasted potatoes with sausage	
Fried potatoes with sausage	