

\$100 Grocery Pantry List

In order to keep your weekly grocery budget to a minimum, these are the items you should be prepared to buy when they reach a stockpile price.

Weekly shopping lists DO NOT include these items as you should already have them on hand. Please check this pantry list prior to shopping and add any necessities to your weekly shopping list.

Produce

Onions
Garlic
Bell Pepper
Spinach
Tomatoes
Carrots, whole
Celery
Seasonal Vegetables

Meats

Chicken Thighs
Whole Chicken
Pork Butt
Beef Chuck Roast
Frozen Meatballs
Ground Beef
Boneless Pork Chops

Dry Goods

Rice
Canned Tomato Sauce
Canned Diced Tomatoes
Canned Tomato Paste
Canned Crushed Tomatoes
Green Enchilada Sauce
Dry Black Beans
Dry Kidney Beans
Dry White Beans
Tortillas
Spaghetti Noodles
Salsa
Tortilla Chips/Taco Shells
Sugar
Salt
Cornstarch
All Purpose Flour
Active Dry Yeast

Refrigerated Goods

Butter

Milk

Cheddar Cheese

Grated Parmesan

Eggs

Other

Seasonings

Olive Oil

Barbecue Sauce

Red Wine Vinegar

Soy Sauce

Sesame Oil

Onion Powder

Chili Powder

Cumin

Thyme

Paprika

Dried Oregano

Dried Basil

Salt

Pepper

Honey
