

SAMPLE SHOPPING LIST

PRODUCE

- 2 yams
- 2 bunches garlic
- 2 bunches cilantro
- 5 lbs. potatoes
- 5 red potatoes
- 2 yellow onions
- 3 white onions
- 1 small red onion
- 1/2 lb. mushrooms
- Broccoli
- 3 lbs. carrots
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 16 Roma tomatoes
- 1 lb. green beans
- 2 green salads
- fresh rosemary
- 1 avocado
- 1 lemon
- 2 limes
- 1 melon
- 2 serrano chiles
- 2 jalapeno chiles

CANNED GOODS

- Large can baked beans
- 5 14-oz cans tomatoes
- 1 small can corn
- 1 medium can corn
- 2 cans black beans
- 1 can pinto beans
- 2 cans kidney beans
- 2 cartons chicken broth
- 1 46-oz can tomato juice
- 1 small can evaporated milk
- 8-oz. can pineapple chunks
- 1 can or carton beef broth
- 26-ounce jar meatless spaghetti sauce
- 1 jar salsa

OTHER GROCERIES

- White rice
- Corn meal
- Brown sugar
- Devil's food cake mix
- Red wine vinegar
- 1 lb. elbow macaroni
- 1 lb. mostaccioli pasta
- 1 lb. fettuccine
- 12 taco-size flour tortillas
- 8 corn tortillas
- 8-pack hamburger buns
- Flour
- Potato chips
- Tortilla chips
- Ranch dressing
- Walnuts
- 1 packet fajita seasoning
- Sweet BBQ sauce

FISH/MEAT

- 5 lbs. boneless, skinless chicken
- 1 lb. maple-flavored sausage
- 4 slices deli ham
- 1 lb. thick ham slice
- 1/4-1/2 lb pepperoni slices
- 7.5 lbs chicken breasts with ribs
- 6 chicken thighs
- 2 lbs. lean ground beef
- 3 1/2-4 lbs. rump roast
- 1 lb. tilapia

DAIRY

- 1/2 pt. buttermilk
- 1/2 pt. sour cream
- 1 pt. heavy cream
- 6 slices (4 oz.) Swiss cheese
- 4 cups shredded Cheddar cheese
- 10 cups shredded mozzarella cheese
- 8 oz. pepper Jack cheese
- Small pkg. smoked gouda
- 8 oz. pkg. cream cheese
- Parmesan cheese
- Eggs
- Milk
- Butter

FROZEN

- 1 16-oz. pkg frozen peas

When we sampled prices here in Salt Lake City, the items on this shopping list for an entire two weeks of dinners for a family of four cost under \$150!

4. Make a grocery list. Take note of what you need for these meals. What do you have in your freezer? In your pantry? Write down the grocery items you will need to buy, using an 8 1/2" x 11" sheet of paper. Remember to include healthy items for after-school snacks (see p. 269), breakfasts, and lunches on your shopping list.

5. Go shopping. By organizing your shopping using the categories on your grocery list, you can be in and out of the store in no time. When you get home, wrap the meats you won't be using right away and put them in the freezer.

Free templates for both the two-week menu plan and the shopping list are available at www.thefoodnanny.com. More sample menu plans are also on the website.

Post each new menu plan on the fridge or on your calendar. Keep a copy in your purse so you can be reminded while you're out and about or at work. This is fun! Your family will love the theme nights.

Before the week (or two-week period) is up, begin planning your next set of menus so you will stay on schedule. Soon you will find that it takes just a short time to choose your meals and write down the ingredients you will need to buy. Go shopping once and then you will have everything for the next meal-planning period except any fresh items you might need mid-week. If you choose to skip a night, then you still have the food for another night. If you miss a couple of nights, just get back on track when you can.

This makes dinnertime so much less stressful for whoever cooks, or for the one who does the meal planning. You'll have regular, consistent meals. If you do this, your family will be happy and healthy, both physically and mentally.

Not "Health" Food—Good Food in Healthful Portions

When I meet my clients as the Food Nanny, people ask how I've kept my weight in check while I've cooked for my family of seven children. Two words: **portion control**. You can eat all the foods you love as long as you eat in moderation.

Forget the fad diets and the carb counting! My family and I kept our weight where it should be because I was so consistent. When I made my two-week menu, I was keeping in mind what would be the best *balance* of the foods I was