

Cooking FOR BACHELORS TV

Eat Healthier • Live Greener • Save Money • Have Fun

www.cookingforbachelors.tv

WEEKLY SHOPPING LIST FOR ONE

Use this simple shopping list as a guide. It will give you enough food to cook your meals for a week. Adjust your list every week according to what you use. And remember to replenish your food staples.

VEGETABLES

2 or 3 green vegetables such as:

broccoli or broccolini

string beans (1/4 lb)

bunch of kale

carrots

celery

tomatoes

lettuce (pre-washed)

parsley

potatoes

garlic

onions

FRUIT

2 or 3 fruits such as:

2 or 3 bananas

3 citrus or apples

bunch of grapes or berries

DELI

Your choice of sandwich meat and cheese. For a week of sandwiches you'll need about two pounds all together. Mix it up.

DAIRY

butter

cream cheese

milk

eggs

orange (or other) juice

yogurt

MEAT

Freeze your all of your meat and fish to keep it fresh.

chicken breasts

fish filets or steaks

shrimp (1/2 lb)

beef (chose your favorite steak

or chopped beef)

OTHER

bread

oatmeal

dry cereal

nuts

dry fruit