

Fruit

- Bananas, usually only about 3-5lbs at a time because they turn so fast. But, if I find overripe bananas for a good price I will buy them out and freeze them for That's Bananas Shakes and Sourdough Banana Bread or Banana Bread Quinoa.
- Applesauce, I usually buy 12 quarts per month which keeps us in stocking and eating quantities
- 3lb bag of frozen fruit (mixed fruit or blueberries are easy to find and very versatile)
- 1 bag of whole apples (this is usually for a Faster Food lunch in the car)

Meat/Protein Products

- 1 large roll of ground meat (in our large family this is a 10lb roll of higher fat meat, usually 80/20) or an equivalent size in a ground meat that I find for close to \$2/ pound, which is my goal for all meat in my home.
- 1 large package of chicken breasts (this is 10lbs for our family)
- 1 package lunch meat (this is for Non-Wiches for a Faster Food lunch in the car)
- 1 package of hot dogs, I choose all beef or turkey
- 5 dozen eggs...unless the chickens are laying and then I don't need them
- 2 Quarts of egg whites...unless the chickens are laying

Dairy Products

- 5lb bag of shredded cheddar cheese or other blend that is available
- 5lb bag of shredded mozzarella cheese
- 1 - 16 to 24 slices package of cheese slices (for the Non-Wiches, because we can't forget to eat while we grocery shop)
- 4lbs of butter, usually the large pack from Costco
- 2 quarts of Greek yogurt, if I buy it at all because we don't use it daily.
- 1 quart of Half & Half, because my husband can only do coffee this way.

Spices and Condiments

- Any spices I KNOW we are low on, I am in my cabinets enough to have a pretty good idea of which seasonings we are in need of every month
- 1 bag (sometimes 2) of Nutritional Yeast - because I've ran out of this and it was painful
- Mustard, because it is such a versatile condiment for our family
- 2 bottles Olive Oil cooking spray - my kids use this on their popcorn snack
- 1 package of Pure Stevia Extract Powder or Pure Monk Fruit Extract Powder, I usually need on or the other

Nuts and Seeds

- 2 packages (4 jars) of natural peanut butter from Costco
- 1 can (from Costco) of peanuts

Produce

- 1 package Celery
- 5lb bag of carrots 9 unpeeled and uncut)

- 1 large bag of potatoes
- 1 head green cabbage
- 1 head red cabbage
- 1 package mini peppers, because i can get them by the pound instead of per pepper prices
- 1 - 2lb package mini carrots (for a Faster Food meal in the car)
- 10 bags frozen cauliflower florets
- 6 bags frozen broccoli florets
- 6 bags frozen kale
- 1 large bag frozen peas
- 1 large bag frozen corn

Grains and Beans/Legumes

- 25lb bag Gluten Free Rolled Oats
- 1 large (usually 10lb) bag of a dry bean or legume, I have a pretty good idea of what we use the most and what needs to be restocked
- 4 pounds of popping corn, because this is frequently a snack for our children

Misc.

- Coffee - Decaf and regular
- 2 packages of herbal tea
- Discount Store items - these are unpredictable and I typically grab things for stocking the pantry
- 1 large package of corn tortillas (from Costco)

Canned Goods

- 6 - 28 oz cans each of diced tomatoes, crushed tomatoes, tomato sauce
- 6 cans of "Rotel" tomatoes and green chiles, mild
- 6 cans fire roasted diced tomatoes
- 6 - 6oz cans of tomato paste
- Up to 4 - 101oz cans of green beans
- 1-2 gallons (glass, because we can reuse them for Kombucha and storage) of pickles