SHOPPING LIST - FALL

Week 1

PROTEIN

- ☐ 5-lb. beef roast (chuck or English)
- ☐ 8 skinless chicken thighs
- ☐ 2½-lb. boneless ham
- ☐ 1½ lbs. orange roughy fillets
- ☐ 3 Tbsp. orange juice concentrate

DAIRY and REFRIGERATED

- ☐ 2 cups grated cheddar or Swiss cheese
- ☐ 7 Tbsp. butter
- ☐ 3 eggs
- ☐ 2 cups 2% milk
- ☐ ⅓ cup orange juice

PRODUCE

- ☐ 1 medium onion
- ☐ ½ lb. mushrooms
- ☐ fresh ginger
- ☐ 3 cups your choice of fresh vegetables (corn, peas, carrots, broccoli, green beans, cauliflower, mushrooms), or frozen
- ☐ coleslaw or broccoli slaw
- ☐ 2–3 sweet potatoes
- ☐ 3 seedless oranges
- ☐ 1 small butternut squash
- ☐ 1 small acorn squash
- ☐ 1 small golden nugget squash
- ☐ 4–8 sprigs of fresh rosemary, basil, tarragon, or thyme

CANNED/DRY GOODS

- ☐ small jar dill pickles
- ☐ 1 qt. dill pickle juice (from 1-qt. jar of dill pickles)
- ☐ lemon juice
- ☐ 15-oz. can diced tomatoes
- ☐ 4–6 hamburger rolls
- ☐ 16 corn tortillas
- ☐ long grain rice, small pearl barley, orzo, or small pasta shells
- ☐ 15-oz. pkg. devil's food cake mix
- ☐ 3-oz. pkg. instant chocolate pudding
- ☐ 21-oz. can apple pie filling
- ☐ 2 cups semisweet chocolate chips
- ☐ golden raisins

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ cayenne pepper
- ☐ black pepper
- ☐ seasoned salt
- ☐ garlic powder
- ☐ allspice
- ☐ cinnamon
- ☐ bay leaves
- ☐ brown sugar
- ☐ honey
- ☐ cornstarch
- ☐ olive oil
- ☐ canola oil
- ☐ sesame oil
- ☐ rice vinegar
- ☐ Worcestershire sauce
- ☐ soy sauce
- ☐ low-sodium soy sauce
- ☐ Dijon mustard
- ☐ 2 cloves garlic
- ☐ 3 cups vegetable, beef, or chicken stock