SHOPPING LIST - FALL

Week 2

PROTEIN

- ☐ 2 lbs. ground beef
- ☐ 4 lbs. skinless chicken thighs
- ☐ 3-lb. boneless beef brisket

DAIRY and REFRIGERATED

- ☐ 1 lb. cottage cheese
- ☐ 2 Tbsp. Parmesan cheese
- ☐ ½ lb. mozzarella cheese
- ☐ 8 oz. shredded cheese of your choice
- ☐ 8 Tbsp. butter
- ☐ 2 cups heavy cream
- ☐ 5 eggs
- ☐ sour cream, *optional*
- ☐ plain Greek yogurt, *optional*
- ☐ shredded Monterey Jack, *optional*
- ☐ guacamole, *optional*

PRODUCE

- ☐ 1 large onion
- ☐ 1 medium onion
- ☐ 1 small onion
- ☐ ½ cup chopped onion, *optional*
- ☐ 2 ribs celery
- ☐ 1 lb. head of cabbage
- ☐ 1 large sweet potato
- ☐ 4–6 baking potatoes, *optional*
- ☐ 1 medium Granny Smith apple
- ☐ 8 cups fresh diced beets
- ☐ fresh parsley
- ☐ diced apples, *optional*
- ☐ pineapple chunks, *optional*
- ☐ shredded lettuce, *optional*
- ☐ chopped tomatoes, *optional*
- ☐ green onions, *optional*

CANNED/DRY GOODS

- ☐ 59 oz. spaghetti sauce
- ☐ 1 lb. ziti
- ☐ 2 8-oz. cans tomato sauce
- ☐ 2 15-oz. cans chili beans with chili gravy or red beans
- ☐ 2 10-oz. cans mild enchilada sauce or mild salsa
- ☐ 2 10¾-oz. cans cream of celery soup
- ☐ 1 10¾-oz. can French onion soup
- ☐ 1 10¾-oz. can beef consommé
- ☐ capers
- ☐ French baguette
- ☐ Craisins
- ☐ tortilla chips
- ☐ corn chips, *optional*
- ☐ wild rice
- ☐ long-grain rice
- ☐ raisins, *optional*
- ☐ shredded coconut, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ parsley flakes
- ☐ pepper
- ☐ salt
- ☐ dried minced garlic
- ☐ chili powder
- ☐ garlic salt
- ☐ red pepper flakes
- ☐ dried thyme
- ☐ dried rosemary
- ☐ cinnamon
- ☐ nutmeg
- ☐ sugar
- ☐ olive oil
- ☐ vegetable oil
- ☐ red wine vinegar
- ☐ honey
- ☐ soy sauce
- ☐ 5 cloves garlic
- ☐ 3¼ cups chicken broth
- ☐ vanilla extract
- ☐ caraway seeds, *optional*
- ☐ cornstarch, *optional*

SPIRITS

- ☐ pumpkin spice liqueur