

SHOPPING LIST - FALL

# Week 3

## PROTEIN

- ☐ 2½ lbs. ground beef
- ☐ 4 lbs. frozen chicken breasts
- ☐ 8–10 Italian sausage links

## DAIRY and REFRIGERATED

- ☐ 1–2 cups shredded cheddar cheese
- ☐ ½ lb. sharp cheddar cheese, cubed
- ☐ 2 sticks butter

## PRODUCE

- ☐ 5 large onions
- ☐ 1 small onion
- ☐ 1 large red onion
- ☐ 4–5 6-inch-long zucchini
- ☐ 2 cups shredded cabbage
- ☐ 2 acorn squash
- ☐ 5 large apples
- ☐ 5–6 large tart apples
- ☐ 1 pint grape tomatoes
- ☐ 4–5 tomatoes
- ☐ 1 lb. fingerling potatoes
- ☐ 1 lb. whole small mushrooms
- ☐ fresh rosemary, or dried

## CANNED/DRY GOODS

- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 15½-oz. can black beans
- ☐ 15½-oz. can pinto beans
- ☐ 15½-oz. can great northern beans
- ☐ 2 pkgs. dry Italian dressing mix
- ☐ 2 cups dry bread cubes
- ☐ 2 cups tomato juice
- ☐ apricot preserves

- ☐ 1½ cups instant rice
- ☐ long-grain rice
- ☐ 1 cup rolled or quick oats

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ curry powder
- ☐ ground ginger
- ☐ cardamom
- ☐ ground nutmeg
- ☐ ground cinnamon
- ☐ Italian seasoning
- ☐ garlic powder
- ☐ dried thyme
- ☐ cornstarch
- ☐ 1½ cups chicken broth or white wine, *optional*
- ☐ flour
- ☐ 1 cup brown sugar
- ☐ 5–6 cloves garlic
- ☐ lemon juice
- ☐ olive oil
- ☐ 8 cups chicken stock or broth

## SPIRITS

- ☐ ¾ cup red wine