

SHOPPING LIST - FALL

# Week 4

## PROTEIN

- ☐ 4-lb. butt beef, or venison, or tenderloin
- ☐ 5–6-lb. turkey breast, bone in and skin on
- ☐ 12 oz. frozen salmon fillets
- ☐ 5–6 lbs. pork shoulder ribs

## FROZEN

- ☐ 3 16-oz. pkgs. frozen corn

## DAIRY and REFRIGERATED

- ☐ 2 cups milk
- ☐ 2 lbs. plus 1 cup shredded cheddar cheese
- ☐ ½ cup shredded sharp cheddar cheese
- ☐ 2 sticks butter
- ☐ 1 cup plain fat-free yogurt
- ☐ 8 oz. cream cheese
- ☐ Parmesan cheese, grated, *optional*

## PRODUCE

- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 2–3 green onions
- ☐ 5 large potatoes
- ☐ 1 rib celery
- ☐ 1 medium green bell pepper

## CANNED/DRY GOODS

- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 8-oz. can sliced ripe olives
- ☐ 8-oz. can mushroom stems/pieces
- ☐ 4-oz. jar chopped pimento
- ☐ 5 oz. spaghetti
- ☐ ¼ cup apricot jam

- ☐ ¼ cup roasted salsa verde
- ☐ 12–14 servings rice
- ☐ 21-oz. can blueberry pie filling
- ☐ 15-oz. pkg. chocolate cake mix

## DO YOU HAVE THESE ON HAND?

- ☐ ground cinnamon
- ☐ garlic powder
- ☐ celery seeds
- ☐ black pepper
- ☐ salt
- ☐ ground ginger
- ☐ dry mustard
- ☐ lemon pepper
- ☐ cayenne pepper
- ☐ sesame seeds
- ☐ sugar
- ☐ apple cider vinegar
- ☐ rice vinegar
- ☐ low-sodium soy sauce
- ☐ ½ cup soy sauce
- ☐ olive oil
- ☐ sesame oil
- ☐ canola oil
- ☐ 1 cup chicken broth
- ☐ ketchup
- ☐ Worcestershire sauce
- ☐ 1 dried chili pepper
- ☐ red chili paste
- ☐ 4 cloves garlic

## SPIRITS

- ☐ 1 cup white wine