SHOPPING LIST - FALL

Week 5

PROTEIN

- ☐ 3 lbs. boneless, skinless chicken breasts
- ☐ 3-lb. boneless beef roast
- ☐ 4–5-lb. pork tenderloin

FROZEN

- ☐ vanilla ice cream, *optional*

DAIRY and REFRIGERATED

- ☐ 14 oz. shredded cheddar cheese
- ☐ ¾ cup shredded Monterey Jack cheese
- ☐ 4 Tbsp. butter
- ☐ 1⅓ cups milk
- ☐ 10 eggs
- ☐ 1½ cups low-fat cottage cheese
- ☐ 1 cup buttermilk
- ☐ freshly grated Parmesan cheese, *optional*
- ☐ fresh mozzarella cheese slices, *optional*
- ☐ sour cream, *optional*
- ☐ guacamole, *optional*
- ☐ vanilla whipped cream, *optional*

PRODUCE

- ☐ 2 green bell peppers
- ☐ 2 red bell peppers
- ☐ 2 large onions
- ☐ ½ cup chopped onion
- ☐ chopped onion, *optional*
- ☐ 1 large tart apple
- ☐ 2 green onions
- ☐ 1 cup diced potatoes
- ☐ 1 cup diced carrots
- ☐ lemon wedges, *optional*
- ☐ shredded lettuce, *optional*
- ☐ chopped tomatoes, *optional*
- ☐ chopped fresh basil, *optional*
- ☐ diced tomatoes, *optional*
- ☐ diced cucumbers, *optional*

CANNED/DRY GOODS

- ☐ 2 16-oz. bottles Italian dressing
- ☐ 21-oz. can apple pie filling
- ☐ 15-oz. can solid-pack pumpkin
- ☐ 12-oz. can evaporated milk
- ☐ 4-oz. can chopped green chilies
- ☐ 2 cups salsa
- ☐ 4 cups tomato juice
- ☐ ½ cup sweet barbecue sauce
- ☐ 20–22 10-inch flour tortillas
- ☐ 20 buttery crackers
- ☐ long-grain rice
- ☐ ½ cup chopped walnuts
- ☐ ½ cup raisins
- ☐ biscuit baking mix
- ☐ pickled Italian hot peppers, *optional*
- ☐ chopped olives, *optional*
- ☐ salsa, optional

DO YOU HAVE THESE ON HAND?

- ☐ pumpkin pie spice
- ☐ dried oregano
- ☐ dried parsley
- ☐ dried basil
- ☐ dried thyme
- ☐ celery seed
- ☐ salt
- ☐ pepper
- ☐ seasoning salt
- ☐ garlic powder
- ☐ sugar
- ☐ cornstarch
- ☐ baking soda
- ☐ flour
- ☐ ½ cup rye flour
- ☐ ½ cup yellow cornmeal
- ☐ ½ cup whole wheat flour
- ☐ ⅓ cup molasses
- ☐ soy sauce
- ☐ low-sodium soy sauce
- ☐ Worcestershire sauce
- ☐ sesame oil
- ☐ oil of your choice
- ☐ olive oil
- ☐ 4 cloves garlic
- ☐ hot sauce, *optional*