

Week 6

PROTEIN

- ☐ 2 lbs. boneless country ribs
- ☐ 3 lbs. sweet Italian sausage
- ☐ ½ lb. ground beef
- ☐ 4 turkey thighs

FROZEN

- ☐ 2 cups frozen, cubed hash browns
- ☐ 2 cups frozen peas

DAIRY and REFRIGERATED

- ☐ ½ cup shredded Swiss, or sharp cheddar, cheese
- ☐ 1 Tbsp. butter
- ☐ 3 Tbsp. orange juice
- ☐ 1 cup apple juice, or cider

PRODUCE

- ☐ 4 apples
- ☐ 6 medium Granny Smith apples
- ☐ 5 medium onions
- ☐ ½ cup chopped onions
- ☐ 1 shallot or 1 small onion
- ☐ 2 lbs. acorn squash
- ☐ 3 small carnival, or acorn, squash
- ☐ 1 sweet red bell pepper
- ☐ 1 sweet green bell pepper
- ☐ 1 sweet yellow bell pepper
- ☐ 3 Tbsp. diced celery
- ☐ ½ lb. fresh mushrooms
- ☐ ⅛ cup chopped celery
- ☐ 3 Tbsp. diced celery
- ☐ ⅛ cup chopped green bell pepper

CANNED/DRY GOODS

- ☐ 28-oz. can chopped tomatoes
- ☐ 3 14-oz. cans diced tomatoes
- ☐ 3 6-oz. cans tomato paste
- ☐ 6-oz. can tomato sauce

- ☐ 16-oz. can tomato juice
- ☐ 15¼-oz. can corn
- ☐ 15¼-oz. can lima beans
- ☐ 6- or 12-oz. can tuna
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 1 cup salsa
- ☐ 2½ cups dry noodles
- ☐ 8 oz. spaghetti
- ☐ instant brown rice
- ☐ dried cranberries
- ☐ 7 oz. caramels, unwrapped

DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ onion powder
- ☐ bay leaf
- ☐ dried oregano
- ☐ dried minced onion
- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ dried thyme
- ☐ crushed red pepper flakes
- ☐ ground cinnamon
- ☐ ground allspice
- ☐ ground or dried sage
- ☐ ground cardamom
- ☐ brown sugar
- ☐ sugar
- ☐ oil of your choice
- ☐ 8 cloves garlic
- ☐ Worcestershire sauce
- ☐ 4 cups chicken broth
- ☐ vanilla extract
- ☐ creamy peanut butter
- ☐ ¼ cup almonds, *optional*

SPIRITS

- ☐ 2 cups Leelanau Cellars Witches Brew, or other red wine
- ☐ apple brandy