*SHOPPING LIST - FALL*

# Week 7

## PROTEIN

- ☐ 3–4 lb. boneless beef chuck roast
- ☐ 3 lbs. smoked kielbasa
- ☐ 8 boneless, skinless chicken breast halves

## FROZEN

- ☐ 1 lb. frozen green beans
- ☐ 1 cup frozen peas

## DAIRY and REFRIGERATED

- ☐ 2 eggs
- ☐ 1½ cups milk
- ☐ 8 oz. cream cheese
- ☐ 2 cups buttermilk
- ☐ 1 stick butter

## PRODUCE

- ☐ 2 large onions
- ☐ 3 medium onions
- ☐ 2 cups sliced carrots
- ☐ 1 lb. potatoes

## CANNED/DRY GOODS

- ☐ 2 4-oz. cans chopped green chilies
- ☐ 2 16-oz. cans sliced apples (not pie filling)
- ☐ 14½-oz. can corn, or 16-oz. bag frozen corn
- ☐ 28-oz. can diced tomatoes
- ☐ 10¾-oz. can cream of celery soup
- ☐ 2 10¾-oz. cans cream of mushroom soup
- ☐ 2 15-oz. cans cut green beans
- ☐ 3 15-oz. can white beans
- ☐ 16-oz. can sauerkraut
- ☐ 18¼-oz. pkg. spice cake mix
- ☐ 2 cups salsa
- ☐ ½ cup pecans
- ☐ ½–1 loaf bread
- ☐ 2 cups unsweetened applesauce
- ☐ 1 box stuffing mix for chicken
- ☐ 1 cup dry milk
- ☐ 1 envelope dry ranch dressing mix

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dry mustard
- ☐ garlic powder
- ☐ dried minced onion
- ☐ seasoning salt
- ☐ 4 beef bouillon cubes
- ☐ 3 tsp. instant beef bouillon
- ☐ cornstarch or flour
- ☐ sugar
- ☐ brown sugar
- ☐ ½ cup ketchup
- ☐ 3 cups beef or vegetable broth
- ☐ soy sauce
- ☐ Worcestershire sauce