

SHOPPING LIST - FALL

Week 8

PROTEIN

- ☐ 5-lb. corned beef brisket
- ☐ 3-lb. pork loin
- ☐ 3–4-lb. chuck roast

DAIRY and REFRIGERATED

- ☐ 4 cups pure apple juice
- ☐ 1 cup apple cider, or juice
- ☐ ½ cup shredded, or 8 slices, Swiss cheese
- ☐ 2 lbs. Velveeta or shredded sharp cheddar
- ☐ 3 cups milk
- ☐ 5⅓ Tbsp. (⅓ cup) butter
- ☐ 2 Tbsp. orange juice
- ☐ 2 eggs
- ☐ sour cream, *optional*

PRODUCE

- ☐ 2 small heads cabbage
- ☐ 6–7 medium potatoes
- ☐ 2–3 cups baby carrots
- ☐ 4 carrots
- ☐ ½ cup grated carrots
- ☐ 2 whole butternut squash
- ☐ 2 acorn squash
- ☐ ½ bunch kale
- ☐ 2 large Granny Smith apples
- ☐ 1 large onion
- ☐ 1 cup diced tomatoes
- ☐ 1 cup green beans
- ☐ 1 cup corn

CANNED/DRY GOODS

- ☐ 15-oz. can sauerkraut
- ☐ 15-oz. can cannellini beans

- ☐ 12-oz. can evaporated milk
- ☐ ¼ cup Thousand Island dressing
- ☐ 4 cups dry packaged stuffing mix
- ☐ 1 lb. dry macaroni
- ☐ 2 cups tomato juice
- ☐ ⅔ cup cracker crumbs
- ☐ ½ cup coarsely chopped pecans
- ☐ ½ cup raisins, or chopped dates

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ ground cinnamon
- ☐ dried thyme
- ☐ dried sage
- ☐ dried basil
- ☐ dried rosemary
- ☐ garlic powder
- ☐ bay leaf
- ☐ peppercorns
- ☐ dill seed
- ☐ ground nutmeg
- ☐ ground allspice
- ☐ ground cloves
- ☐ brown sugar
- ☐ flour
- ☐ sugar
- ☐ baking powder
- ☐ 3–4 cups chicken broth
- ☐ 2 cups beef broth
- ☐ ½ cup soy sauce
- ☐ vegetable oil
- ☐ ½ cup chopped nuts