

SHOPPING LIST - FALL

Week 9

PROTEIN

- ☐ 4 lbs. skinless, bone-in chicken thighs
- ☐ 1 lb. chipped ham
- ☐ 2 lbs. ground beef
- ☐ 2 lbs. bacon
- ☐ 10 sweet Italian sausage links

FROZEN

- ☐ 1 qt. frozen green beans

DAIRY and REFRIGERATED

- ☐ ½ lb. grated Swiss cheese
- ☐ 1½ cups shredded cheddar cheese
- ☐ 3 oz. cream cheese
- ☐ 2¼ cups milk
- ☐ 5 Tbsp. butter
- ☐ 2 eggs
- ☐ ¾ cup apple cider

PRODUCE

- ☐ 1 lb. baby carrots
- ☐ 1 small onion
- ☐ 4 medium onions
- ☐ 1 large onion
- ☐ ¾ cup chopped onion
- ☐ 1 red onion
- ☐ 2 ribs celery
- ☐ 1½ cups diced celery
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ 2 apples
- ☐ 6 baking apples
- ☐ 2 medium sweet red bell peppers
- ☐ 1 medium sweet yellow bell pepper
- ☐ 1 medium sweet green bell pepper
- ☐ ¼ cup chopped green bell pepper
- ☐ 2 medium potatoes
- ☐ 2 cups fresh sliced mushrooms

CANNED/DRY GOODS

- ☐ 10¾-oz. can cream of chicken soup
- ☐ 2 15-oz. cans green beans
- ☐ 2 14½-oz. cans baked beans
- ☐ 2 15-oz. cans butter beans
- ☐ 2 16-oz. cans kidney beans
- ☐ 12-oz. can whole kernel corn
- ☐ 8-oz. can tomato sauce
- ☐ 14½-oz. can diced tomatoes
- ☐ 4-oz. can chopped green chilies
- ☐ 1-oz. envelope dry ranch dressing mix
- ☐ 8 cups cubed bread
- ☐ ½ cup uncooked rice
- ☐ ¾ cup uncooked brown rice
- ☐ hot dog buns
- ☐ 6 6-inch whole wheat tortillas
- ☐ 1 bag (2¼ cups) dry split peas
- ☐ salsa

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ dried marjoram
- ☐ dry mustard
- ☐ ground cumin
- ☐ dried thyme
- ☐ 4 cloves garlic
- ☐ ½ cup white cooking wine, or chicken stock
- ☐ ¾ cup brown sugar
- ☐ ½ cup sugar
- ☐ ½ cup ketchup
- ☐ maple syrup
- ☐ olive oil
- ☐ liquid smoke
- ☐ raisins
- ☐ 3 Tbsp. chopped walnuts