

SHOPPING LIST - FALL

Week 10

PROTEIN

- ☐ 6-lb. fully cooked boneless ham
- ☐ 6-lb. turkey breast

FROZEN

- ☐ whipped topping

DAIRY and REFRIGERATED

- ☐ 5 eggs
- ☐ 1 stick, plus 5 Tbsp. butter
- ☐ 4½ cups milk

PRODUCE

- ☐ ¾ lb. fresh broccoli, or frozen
- ☐ 1 rib, plus 1½ cups chopped, celery
- ☐ 1 small onion
- ☐ 1½ medium onions
- ☐ 1 green bell pepper
- ☐ 1–2 Tbsp. fresh chopped parsley
- ☐ 3 cups fresh chopped vegetables of your choice

CANNED/DRY GOODS

- ☐ 2 20-oz. cans sliced pineapple
- ☐ 6-oz. jar maraschino cherries
- ☐ 12-oz. jar orange marmalade
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 8-oz. jar cheese sauce
- ☐ 8-oz. can water chestnuts
- ☐ 14-oz. can stewed or diced tomatoes
- ☐ 15-oz. can whole tomatoes
- ☐ 8-oz. can chopped tomatoes
- ☐ ½ 12-oz. can cannellini beans
- ☐ ½ 12-oz. can kidney beans
- ☐ 16-oz. can whole cranberry sauce

- ☐ 4-oz. can sliced mushrooms
- ☐ 15-oz. can solid-pack pumpkin
- ☐ 12-oz. can evaporated milk
- ☐ ¾–1 lb. dried sweet apples
- ☐ 1¼ cups uncooked long-grain rice
- ☐ 4 oz. uncooked elbow macaroni
- ☐ 1½ cups uncooked noodles
- ☐ 12-oz. pkg. bread cubes, or about 15 slices stale bread
- ☐ ½ cup low-fat buttermilk baking mix
- ☐ 1-oz. envelope dry onion soup mix

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ paprika
- ☐ dried oregano
- ☐ dried parsley
- ☐ red pepper
- ☐ dried onion flakes
- ☐ bay leaf
- ☐ dried thyme
- ☐ ground cinnamon
- ☐ ground ginger
- ☐ ground nutmeg
- ☐ cinnamon stick
- ☐ brown sugar
- ☐ ¾ cup sugar
- ☐ 2 cups flour
- ☐ baking powder
- ☐ olive oil
- ☐ 2 cloves garlic
- ☐ vinegar of your choice
- ☐ 6 oz. chicken broth
- ☐ 2 qts. turkey broth
- ☐ 1 Tbsp. chicken bouillon granules
- ☐ 2 Tbsp. finely chopped pimentos
- ☐ 2 tsp. tomato paste