

## SHOPPING LIST - FALL

# Week 12

### PROTEIN

- ☐ 3 lbs. pork ribs
- ☐ 3 lbs. frozen boneless, skinless chicken breasts
- ☐ 2 lbs. ground beef
- ☐ 2 lbs. hot dogs, or fresh smoked sausage
- ☐ 1½ pkgs. thick-cut bacon

### FROZEN

- ☐ 30-oz. bag frozen fries (whatever cut you prefer)

### DAIRY and REFRIGERATED

- ☐ 4 oz. cottage cheese
- ☐ 1 stick plus 3 Tbsp. butter
- ☐ ½ cup milk
- ☐ 2–4 cups shredded cheese, your choice of flavor
- ☐ 1 cup shredded Mexican-blend cheese
- ☐ 1¼ cup grated Parmesan cheese
- ☐ 8-oz. block pepper jack cheese
- ☐ 8-oz. block Monterey Jack cheese
- ☐ 2 eggs plus 2 egg yolks
- ☐ sour cream, *optional*

### PRODUCE

- ☐ 1 large onion
- ☐ 1 medium onion
- ☐ 2 cups diced onions
- ☐ 2 green onions
- ☐ 6 medium tomatoes
- ☐ ½ cup plus 2 tsp. flat-leaf parsley
- ☐ 2 tsp. chopped fresh basil
- ☐ 2 tsp. chopped fresh oregano
- ☐ avocado, *optional*
- ☐ diced tomatoes, *optional*
- ☐ chopped fresh cilantro, *optional*

### CANNED/DRY GOODS

- ☐ 30 oz. red enchilada sauce

- ☐ 15-oz. can black beans
- ☐ 15-oz. can corn
- ☐ 14-oz. can diced tomatoes with green chilies
- ☐ 16-oz. jar salsa
- ☐ 16-oz. can tomato sauce
- ☐ 1 cup uncooked quinoa
- ☐ 1 lb. rotini pasta, uncooked
- ☐ 1 pkg. dry ranch dressing mix
- ☐ 1 cup dry navy beans
- ☐ hot dog rolls
- ☐ ¾ cup fine bread crumbs
- ☐ tortilla chips, *optional*

### DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ crushed red pepper
- ☐ kosher salt
- ☐ dried rosemary
- ☐ fennel seeds
- ☐ dried sage
- ☐ dried thyme
- ☐ paprika
- ☐ ground coriander
- ☐ ground allspice
- ☐ ground cumin
- ☐ chili powder
- ☐ garlic powder
- ☐ bay leaves
- ☐ 4 cloves garlic
- ☐ olive oil
- ☐ balsamic vinegar
- ☐ ½ cup chicken broth
- ☐ 1 chicken bouillon cube
- ☐ prepared mustard
- ☐ ¾ cup sugar
- ☐ 1 cup all-purpose flour
- ☐ ½ cup whole wheat flour
- ☐ baking powder