

SHOPPING LIST - SPRING

Week 1

PROTEIN

- ☐ 5–6 lb. bone-in ham
- ☐ 5 lamb shanks
- ☐ 10 boneless skinless chicken thighs

FROZEN

- ☐ 2 lb. bag frozen green beans

DAIRY and REFRIGERATED

- ☐ 4 cups apple cider or apple juice
- ☐ 2¾ sticks butter
- ☐ 6–8 slices mild cheese of your choice
- ☐ ½ cup shredded cheese of your choice
- ☐ 2 cups reduced-fat sour cream
- ☐ 2 eggs
- ☐ ½ cup milk

PRODUCE

- ☐ 1 cup diced or thinly sliced carrots
- ☐ 2 small carrots
- ☐ 2 cups chopped celery
- ☐ 1 rib celery
- ☐ 1 medium onion
- ☐ 1 small onion
- ☐ 2–3 tart apples

CANNED/DRY GOODS

- ☐ 2 10¾-oz. cans cream of chicken soup
- ☐ 8-oz. can tomato sauce
- ☐ 1¼ cups golden seedless raisins
- ☐ 3 cups dried split peas
- ☐ 1 cup pinenuts
- ☐ 2 cups long-grain basmati rice, uncooked
- ☐ 2 envelopes dry onion soup mix
- ☐ 12 cups day-old bread cubes

DO YOU HAVE THESE ON HAND?

- ☐ dry mustard
- ☐ ground cloves
- ☐ garlic powder
- ☐ dried oregano
- ☐ salt
- ☐ pepper
- ☐ dried thyme
- ☐ bay leaves
- ☐ allspice
- ☐ dried parsley flakes
- ☐ rubbed sage
- ☐ poultry seasoning
- ☐ 4 cloves garlic
- ☐ flour
- ☐ sugar
- ☐ 2¾ cups brown sugar
- ☐ unsweetened cocoa powder
- ☐ baking powder
- ☐ vanilla extract
- ☐ 1½ cups chocolate chips
- ☐ 4 cups chicken stock
- ☐ 2½ cups chicken broth

SPIRITS

- ☐ ½ cup dry white wine

SHOPPING LIST - SPRING

Week 2

PROTEIN

- ☐ 4–5 lb. leg of lamb (have butcher cut off shank end if too large to fit in your crock)
- ☐ 4–5 lb. bone-in ham
- ☐ 8 boneless, skinless chicken thighs

FROZEN

- ☐ 10-oz. pkg. frozen peas

DAIRY and REFRIGERATED

- ☐ ½ cup apple juice
- ☐ ½ cup orange juice
- ☐ 1 Tbsp. lime juice
- ☐ 1½ cups shredded sharp cheddar cheese
- ☐ 1⅓ cups grated Parmesan cheese
- ☐ ½ cup plain Greek yogurt
- ☐ 2¾ cups milk
- ☐ 4 eggs
- ☐ 6 Tbsp. butter or margarine

PRODUCE

- ☐ 1 Tbsp. fresh chopped rosemary
- ☐ 2 tsp. fresh minced parsley
- ☐ 1 small fennel bulb
- ☐ 3 medium onions
- ☐ 2 cups diced onions
- ☐ 1 large onion
- ☐ 1½–2 cups diced celery
- ☐ 1 cup diced green bell pepper
- ☐ 3 cups chopped spinach
- ☐ 4 lbs. potatoes
- ☐ 2 ripe avocados

CANNED/DRY GOODS

- ☐ 15-oz. can white kidney or cannellini beans
- ☐ 14½-oz. can diced tomatoes
- ☐ 10-oz. can cheddar cheese soup
- ☐ 1 lb. dry red-skinned kidney beans
- ☐ 3 cups rice
- ☐ ½ cup ranch dressing
- ☐ 4–6 sandwich wraps
- ☐ 8 slices bread (raisin bread recommended)

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ celery seed
- ☐ marjoram
- ☐ thyme
- ☐ dry mustard
- ☐ cinnamon
- ☐ creole seasoning
- ☐ 5 bay leaves
- ☐ 12 cloves garlic
- ☐ olive oil
- ☐ canola oil
- ☐ Dijon mustard
- ☐ apple cider vinegar
- ☐ 4 cups beef broth
- ☐ 5 cups fat-free chicken broth
- ☐ flour
- ☐ vanilla extract
- ☐ sugar
- ☐ ½ cup brown sugar
- ☐ ½ cup honey
- ☐ ¼–½ cup raisins

SPIRITS

- ☐ ½ cup white wine

SHOPPING LIST - SPRING

Week 3

PROTEIN

- ☐ 4 lbs. pork spare ribs
- ☐ 1½ lbs. extra-lean ground beef
- ☐ 6 chicken breast halves
- ☐ 4 to 6, 4 to 6-oz. white fish filets
(flounder, cod, or haddock recommended)
- ☐ cooked and crumbled bacon, *optional*

FROZEN

- ☐ 16-oz. pkg. frozen mixed vegetables

DAIRY and REFRIGERATED

- ☐ 8–12 oz. pkg. prepared pizza dough
- ☐ 2 cups shredded mozzarella cheese
- ☐ 1–2 cups shredded Swiss or mozzarella cheese
- ☐ 2⅓ cups sour cream
- ☐ 4 eggs

PRODUCE

- ☐ 2 medium onions
- ☐ ½ cup chopped onion
- ☐ ¼–½ cup diced red or white onion
- ☐ ¼ cup red onion, sliced or diced, *optional*
- ☐ 1 cup chopped green bell pepper
- ☐ chopped chives, *optional*
- ☐ 2–3 leeks
- ☐ 1 rib celery
- ☐ 1 jalapeño pepper
- ☐ 4–6 russet potatoes
- ☐ 8–12 little new potatoes
- ☐ 8–12 plum tomatoes, or canned
- ☐ fresh oregano sprigs, for garnish

CANNED/DRY GOODS

- ☐ 28-oz. can crushed tomatoes
- ☐ 15-oz. can red kidney beans
- ☐ 15-oz. can great northern beans
- ☐ 15-oz. can cannellini beans
- ☐ 15½-oz. can diced tomatoes, or fresh
- ☐ 2 8-oz. cans crushed pineapple
- ☐ 20-oz. can pineapple bits, *optional*
- ☐ 4-oz. can diced green chilies
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 6-oz. can french-fried onions
- ☐ 18¾-oz. pkg. chocolate cake mix
- ☐ 3-oz. box instant chocolate pudding mix

DO YOU HAVE THESE ON HAND?

- ☐ chili powder
- ☐ ground cumin
- ☐ salt
- ☐ sea salt
- ☐ pepper
- ☐ dried dill
- ☐ dried basil
- ☐ 10 cloves garlic
- ☐ olive oil
- ☐ vegetable oil
- ☐ 6 cups chicken or beef broth
- ☐ 1 cup barbecue sauce, teriyaki flavored,
or your choice of flavors
- ☐ 2 Tbsp. tomato paste
- ☐ brown sugar
- ☐ ketchup
- ☐ 1½ cups vinegar of your choice
- ☐ cornstarch
- ☐ soy sauce
- ☐ Worcestershire sauce
- ☐ 1 cup chocolate chips, *optional*

SHOPPING LIST - SPRING

Week 4

PROTEIN

- ☐ 4 lbs. sweet Italian sausage
- ☐ 3 lbs. boneless skinless turkey thighs
- ☐ 1½ lbs. ground beef

FROZEN

- ☐ ½ lb. frozen green beans, or fresh
- ☐ 1 cup frozen corn, or fresh, or canned
- ☐ ½ cup frozen baby peas

DAIRY and REFRIGERATED

- ☐ ¾ cup or so of grated Parmesan cheese
- ☐ 11 oz. cream cheese
- ☐ 1 cup mozzarella cheese
- ☐ 1½ cups shredded cheddar cheese
- ☐ 1 stick butter, plus 2 Tbsp. butter
- ☐ 1 9-inch piecrust

PRODUCE

- ☐ 6 green, yellow, or red bell peppers
- ☐ 3 large onions
- ☐ 3 medium onions
- ☐ 3 cups fresh mushrooms
- ☐ 1 cup sliced potatoes
- ☐ 1 cup sliced carrots
- ☐ 2 carrots
- ☐ 1½ ribs celery
- ☐ 2 Tbsp. chopped fresh parsley, or dried
- ☐ 4–5 cooking apples

CANNED/DRY GOODS

- ☐ 24-oz. jar of your favorite pasta sauce
- ☐ 5 cups spaghetti or marinara sauce
- ☐ 6-oz. can tomato paste

- ☐ 14½-oz. can diced tomatoes
- ☐ 10¾-oz. can cream of celery soup
- ☐ 15½-oz. can pinto beans
- ☐ ½-qt. tomato juice
- ☐ 4 cups uncooked ziti pasta
- ☐ ¾ cup raw brown rice
- ☐ 1 cup dry lentils
- ☐ 1½ cups converted long-grain white rice, uncooked
- ☐ 2 cups salsa
- ☐ salsa, *optional*
- ☐ 6 6-inch whole wheat tortillas
- ☐ taco shells
- ☐ 1 envelope dry taco seasoning

DO YOU HAVE THESE ON HAND?

- ☐ dried parsley, or fresh
- ☐ dried basil
- ☐ pepper
- ☐ salt
- ☐ ground cumin
- ☐ garlic powder
- ☐ marjoram
- ☐ Italian seasoning
- ☐ cinnamon
- ☐ nutmeg
- ☐ 2–3 cloves garlic
- ☐ 1 cup beef broth
- ☐ 29 oz. chicken broth
- ☐ cornstarch
- ☐ flour
- ☐ brown sugar
- ☐ soy sauce
- ☐ ½ cup quick-cooking oats
- ☐ 2 Tbsp. peanut butter

Week 5

PROTEIN

- ☐ 2 lbs. lean ground chuck
- ☐ 3–4 lbs. (6–8) ½-inch thick bone-in pork chops
- ☐ 8 good-sized boneless skinless chicken thighs
- ☐ ½ lb. bacon

DAIRY and REFRIGERATED

- ☐ 1 egg
- ☐ 1 stick, plus 2 Tbsp. butter

PRODUCE

- ☐ 1 small onion
- ☐ 5 medium onions
- ☐ 2 large onions
- ☐ ⅓ cup chopped scallions
- ☐ 4 ribs celery
- ☐ ¾ cup chopped celery
- ☐ 3 large green bell peppers
- ☐ 1 medium green bell pepper
- ☐ 1 medium red bell pepper
- ☐ ¼ lb. baby carrots
- ☐ ½ cup shredded carrots
- ☐ 1½ large potatoes
- ☐ 1 parsnip
- ☐ 5 mushrooms
- ☐ 2 cups broccoli florets
- ☐ fresh ginger

CANNED/DRY GOODS

- ☐ 14-oz. can no-salt-added stewed tomatoes
- ☐ 2 15-oz. cans tomato sauce
- ☐ 2 15-oz. cans diced tomatoes
- ☐ 2 15-oz. cans dark red kidney beans
- ☐ 15-oz. can pinto beans
- ☐ 15-oz. can ranch beans
- ☐ 4-oz. can green chilies
- ☐ 21-oz. can blueberry or cherry pie filling
- ☐ 20-oz. can pineapple chunks
- ☐ 20-oz. can crushed pineapple
- ☐ 3 cups low-sodium canned vegetable juice

- ☐ 14½-oz. can chicken broth
- ☐ ½ cup picante sauce
- ☐ 1½ cups tomato juice
- ☐ 12-slice pkg. pita bread
- ☐ 18½-oz. pkg. yellow cake mix
- ☐ 1 lb. dry lima beans
- ☐ 1 cup uncooked Israeli couscous

DO YOU HAVE THESE ON HAND?

- ☐ dry mustard
- ☐ salt
- ☐ pepper
- ☐ ground cumin
- ☐ chili powder
- ☐ cinnamon
- ☐ bay leaves
- ☐ dried thyme
- ☐ hot red pepper flakes
- ☐ dried dill weed
- ☐ ground ginger
- ☐ 9 cloves garlic
- ☐ 1½ cups vegetable stock
- ☐ 1 beef bouillon cube
- ☐ cornstarch
- ☐ unsweetened cocoa powder
- ☐ ½ Tbsp. plus 2 tsp. quick-cooking tapioca
- ☐ white rice
- ☐ sugar
- ☐ brown sugar
- ☐ dark brown sugar
- ☐ olive oil
- ☐ apple cider vinegar
- ☐ ¾ cup mild molasses (not blackstrap)
- ☐ Worcestershire sauce
- ☐ soy sauce
- ☐ 1 cup ketchup
- ☐ 1 Tbsp. lemon juice
- ☐ prepared mustard
- ☐ 1 cup dry oatmeal
- ☐ 1 cup chopped nuts

SPIRITS

- ☐ ½ cup white wine

SHOPPING LIST - SPRING

Week 6

PROTEIN

- ☐ 3 lbs. sweet Italian sausage
- ☐ 8 chicken breast halves
- ☐ 2 lb. beef roast

FROZEN

- ☐ 5-oz. pkg. frozen chopped spinach
- ☐ ¼ cup frozen orange juice concentrate

DAIRY and REFRIGERATED

- ☐ 1 Tbsp. grated Parmesan cheese
- ☐ 2–4 cups shredded cheddar cheese
- ☐ 1 cup heavy whipping cream
- ☐ 2 cups half-and-half
- ☐ 8-oz. pkg. cream cheese
- ☐ 2 8-oz. pkgs. fat-free cream cheese
- ☐ 3 hard-boiled eggs
- ☐ 3 eggs
- ☐ 6 Tbsp. butter
- ☐ 3 Tbsp. light soft tub margarine
- ☐ ½ cup plain low-fat yogurt

PRODUCE

- ☐ 1 large green bell pepper
- ☐ 3 large onions
- ☐ 2 medium onions
- ☐ 1 cup diced carrots
- ☐ 2 cups broccoli florets
- ☐ 1 cup cauliflower florets
- ☐ 1 cup chopped kale or Swiss chard
- ☐ 2 lbs. small red potatoes, plus 2 more red potatoes
- ☐ 4–6 potatoes
- ☐ ½–1½ cups diced celery
- ☐ 1 tsp. orange zest

CANNED/DRY GOODS

- ☐ 48-oz. jar spaghetti sauce
- ☐ 6-oz. can tomato paste

- ☐ 4-oz. can chopped green chilies
- ☐ 10¾-oz. can cheddar cheese soup
- ☐ 10¾-oz. can cream of celery soup
- ☐ 10¾-oz. can cream of potato soup
- ☐ 2 7-oz. cans tuna
- ☐ 1 cup salsa
- ☐ 1 lb. uncooked spiral pasta
- ☐ 6 oz. potato chips
- ☐ 1 envelope dry ranch dressing mix
- ☐ ¾ cup graham cracker crumbs

DO YOU HAVE THESE ON HAND?

- ☐ dried parsley, or fresh
- ☐ ground ginger
- ☐ salt
- ☐ pepper
- ☐ garlic powder
- ☐ cumin
- ☐ ground coriander
- ☐ ground cloves
- ☐ ground cardamom
- ☐ cinnamon
- ☐ chili powder
- ☐ red pepper flakes
- ☐ turmeric
- ☐ dry mustard
- ☐ seasoning salt
- ☐ 3–4 cloves garlic
- ☐ sesame oil
- ☐ 32-oz. carton chicken broth
- ☐ 2 beef bouillon cubes
- ☐ flour
- ☐ sugar
- ☐ ¼ cup sesame seeds
- ☐ ½ cup low-sodium soy sauce
- ☐ ¼ cup rice vinegar
- ☐ vanilla extract
- ☐ ½ cup mayonnaise

SHOPPING LIST - SPRING

Week 7

PROTEIN

- ☐ 2 lbs. ground turkey
- ☐ 5-lb. cooked bone-in ham

FROZEN

- ☐ 1 cup frozen peas
- ☐ 20-oz. bag frozen stuffed shells

DAIRY and REFRIGERATED

- ☐ 4 eggs
- ☐ 3 Tbsp. orange juice
- ☐ ¼ cup lemon juice
- ☐ 3 cups milk
- ☐ 1 stick plus 5 Tbsp. butter
- ☐ 2 cups shredded cheddar cheese
- ☐ 1½ cups cottage cheese
- ☐ 8 oz. sour cream
- ☐ cheese slices, *optional*

PRODUCE

- ☐ 3 medium onions
- ☐ ¾ cup chopped onion
- ☐ 2 carrots
- ☐ ½ cup chopped carrots
- ☐ 1 rib celery
- ☐ ⅔ cup finely chopped celery
- ☐ 4 green onions
- ☐ 1 parsnip
- ☐ 1 turnip or rutabaga
- ☐ ½ lb. mushrooms
- ☐ 2 cups diced potatoes
- ☐ 3 potatoes
- ☐ 2 medium red potatoes
- ☐ 1 medium sweet potato

- ☐ 1 Tbsp. minced fresh rosemary, or dried
- ☐ 1 Tbsp. minced fresh thyme, or dried
- ☐ ⅓ cup chopped parsley
- ☐ 6–7 apples

CANNED/DRY GOODS

- ☐ 16-oz. can evaporated milk
- ☐ 15-oz. can marinara or spaghetti sauce
- ☐ 15-oz. can green beans
- ☐ 18-oz. butter recipe golden cake mix
- ☐ 14½-oz. can chicken broth
- ☐ ¾ cup dry bread crumbs
- ☐ 3–4 uncooked lasagna noodles
- ☐ hamburger buns
- ☐ 1 cup shredded coconut
- ☐ pickles, *optional*
- ☐ relish, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ black pepper
- ☐ sesame seeds
- ☐ garlic powder, or fresh minced
- ☐ seasoning salt
- ☐ dried oregano
- ☐ parsley flakes
- ☐ crushed red pepper
- ☐ 1 clove garlic, or powder
- ☐ 1 tsp. chicken bouillon granules
- ☐ extra-virgin olive oil
- ☐ Worcestershire sauce
- ☐ ketchup
- ☐ Dijon mustard
- ☐ prepared mustard, *optional*
- ☐ mayonnaise, *optional*
- ☐ flour
- ☐ ½ cup chopped walnuts

SHOPPING LIST - SPRING

Week 8

PROTEIN

- ☐ 2¾ lbs. ground beef
- ☐ 6 lb. whole chicken
- ☐ 4 oz. sliced pepperoni
- ☐ 6 strips double-smoked bacon

DAIRY and REFRIGERATED

- ☐ 1½ cups grated cheese, your choice
- ☐ 1½ cups shredded mozzarella cheese
- ☐ 8 oz. smoked Gouda cheese
- ☐ 9 Tbsp. butter
- ☐ ½ cup buttermilk
- ☐ 2 eggs
- ☐ vanilla yogurt, *optional*

PRODUCE

- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 1½ cups chopped onion
- ☐ 1 rib celery
- ☐ ½ cup chopped celery
- ☐ 1 carrot
- ☐ ½ cup chopped carrots
- ☐ ½ green bell pepper
- ☐ 1 cup chopped bell peppers
- ☐ 1 cup okra
- ☐ 1 large tomato
- ☐ 1 cup chopped tomatoes
- ☐ 1 large zucchini
- ☐ 3 cups shredded cabbage
- ☐ 1½ cups fresh mushrooms
- ☐ 1 Tbsp. chopped parsley, or dried
- ☐ 1 Tbsp. chopped thyme, or dried
- ☐ 1 Tbsp. chopped rosemary, or dried
- ☐ 4 cups blueberries
- ☐ ½ tsp. grated lemon peel

CANNED/DRY GOODS

- ☐ 1 envelope dry taco seasoning
- ☐ 16-oz. can fat-free refried beans
- ☐ 16-oz. can chopped tomatoes
- ☐ 14½-oz. can low-sodium diced tomatoes
- ☐ 26-oz. jar fat-free, low-sodium marinara sauce
- ☐ 10¾-oz. can tomato soup
- ☐ bag of tortilla chips
- ☐ ¼ cup barley
- ☐ 1 envelope chicken gravy mix
- ☐ macaroni
- ☐ 2 Tbsp. evaporated milk, or cream

DO YOU HAVE THESE ON HAND?

- ☐ bay leaf
- ☐ seasoned salt
- ☐ salt
- ☐ pepper
- ☐ Old Bay Seasoning
- ☐ Italian seasoning
- ☐ cinnamon
- ☐ 3–4 cloves garlic
- ☐ 2 tsp. beef bouillon granules
- ☐ 3 cups chicken broth
- ☐ 1 cup yellow cornmeal
- ☐ baking soda
- ☐ baking powder
- ☐ flour
- ☐ ½ cup whole wheat flour
- ☐ sugar
- ☐ ½ cup brown sugar
- ☐ vegetable oil
- ☐ ¾ cup dry rolled oats
- ☐ ¼ cup maple syrup
- ☐ ½ cup pecans
- ☐ 2 Tbsp. quick-cooking tapioca
- ☐ 2 Tbsp. lemon juice
- ☐ ¼ cup ketchup

Week 9

PROTEIN

- ☐ 2-lb. boneless beef top round roast
- ☐ 1 lb. ground beef
- ☐ ¾ lb. ground pork
- ☐ 8 boneless skinless chicken breast halves

DAIRY and REFRIGERATED

- ☐ 2 cups apple juice
- ☐ 3 eggs
- ☐ 2 hard-boiled eggs
- ☐ ¼ cup grated Parmesan cheese
- ☐ 3 cups shredded sharp cheddar or Swiss cheese
- ☐ 1½ cups plus 6 Tbsp. milk
- ☐ 1 stick butter

PRODUCE

- ☐ 2 small onions
- ☐ 1 medium onion
- ☐ 1 large onion
- ☐ ¼ cup chopped onion
- ☐ 5–6 carrots
- ☐ 6 ribs celery
- ☐ ¼ cup chopped celery
- ☐ 6 medium tomatoes
- ☐ 4 qts. cherry tomatoes
- ☐ 3–4 potatoes
- ☐ 12 medium red bliss potatoes
- ☐ ¼ lb. mushrooms
- ☐ 1 Tbsp. fresh parsley
- ☐ 6 cups sliced, firm red apples

CANNED/DRY GOODS

- ☐ 16-oz. can tomato sauce
- ☐ 2 10¾-oz. cans cream of celery soup
- ☐ 12-oz. can evaporated milk
- ☐ 1 cup soft bread crumbs
- ☐ spaghetti

- ☐ 8 oz. dry elbow macaroni
- ☐ 1 cup uncooked wild rice
- ☐ ¾ cup unsweetened applesauce

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ ground ginger, or fresh
- ☐ cinnamon
- ☐ nutmeg
- ☐ dried basil
- ☐ dried oregano
- ☐ 2 bay leaves
- ☐ pepper
- ☐ dried rosemary
- ☐ dried thyme
- ☐ Italian herb seasoning
- ☐ dry mustard
- ☐ minced onion
- ☐ garlic powder
- ☐ dried sage
- ☐ celery seed
- ☐ white pepper
- ☐ 1 whole clove, or ground cloves
- ☐ 2 cloves garlic
- ☐ olive oil
- ☐ oil of your choice
- ☐ white vinegar
- ☐ 3 cups chicken stock
- ☐ 1 Tbsp. Old English mustard
- ☐ baking powder
- ☐ 2 cups all-purpose flour
- ☐ 1 tsp. lemon juice
- ☐ sugar
- ☐ ¼ cup ketchup
- ☐ cornstarch
- ☐ ¼ cup mayonnaise
- ☐ ½ cup quick-cooking tapioca
- ☐ ¼ cup slivered almonds

SPIRITS

- ☐ ⅓ cup sherry or white wine, *optional*

SHOPPING LIST - SPRING

Week 10

PROTEIN

- ☐ 2 4-lb. boneless beef chuck roasts
- ☐ 6-lb. whole chicken
- ☐ 10 slices bacon

DAIRY and REFRIGERATED

- ☐ plain yogurt, *optional*
- ☐ ½ cup plain nonfat Greek yogurt
- ☐ 1 cup Miracle Whip dressing
- ☐ 5 Tbsp. butter
- ☐ 3 eggs
- ☐ 1½ cups milk
- ☐ ¾ cup grated sharp cheese
- ☐ ½ cup plus 2 Tbsp. lemon juice

PRODUCE

- ☐ 1 large onion
- ☐ 2 medium onions
- ☐ 1 small onion
- ☐ 2¼ cups diced onion
- ☐ 2 Tbsp. minced garlic
- ☐ 1 head romaine lettuce
- ☐ 2–3 tomatoes
- ☐ 1 English cucumber
- ☐ 2 ribs celery
- ☐ 1 bell pepper
- ☐ 2 bunches broccoli
- ☐ 1 cup green beans
- ☐ 2–3 ears of corn
- ☐ 2 Tbsp. horseradish
- ☐ 1 zucchini
- ☐ 9 rosemary sprigs
- ☐ 1 Tbsp. fresh chopped dill
- ☐ 3 lemons
- ☐ 1½ tsp. lemon zest
- ☐ 3 limes

- ☐ 3 oranges
- ☐ 1 green apple
- ☐ 1 red apple

CANNED/DRY GOODS

- ☐ 6-oz. can tomato paste
- ☐ 8-oz. can tomato sauce
- ☐ 1 can refried beans
- ☐ 1¼ cups canned diced green chili peppers
- ☐ 10–16 pita breads
- ☐ 1 cup cubed bread
- ☐ ½ cup chipotle salsa
- ☐ 1 envelope dry taco seasoning mix
- ☐ 10 tostada shells
- ☐ 1/3 cup dried cranberries
- ☐ 1 cup golden raisins
- ☐ 1 cup chopped cashews

DO YOU HAVE THESE ON HAND?

- ☐ dried oregano
- ☐ dried rosemary
- ☐ salt
- ☐ pepper
- ☐ chili powder
- ☐ dried basil
- ☐ garlic powder
- ☐ 3 cloves garlic
- ☐ 6 Tbsp. cooking oil
- ☐ apple cider vinegar
- ☐ vinegar of your choice
- ☐ Dijon mustard
- ☐ ½ cup mayonnaise or salad dressing
- ☐ cornstarch
- ☐ ¼ cup hot pepper sauce
- ☐ prepared mustard
- ☐ sugar
- ☐ flour

SPIRITS

- ☐ 1 cup dry red wine

Week 11

PROTEIN

- ☐ 4–5 lb. whole fryer chicken
- ☐ 2 lbs. Italian sausage
- ☐ 3½–4 lb. boneless pork loin

FROZEN

- ☐ 1 cup frozen corn
- ☐ 8 oz. frozen whipped topping

DAIRY and REFRIGERATED

- ☐ ½ cup crumbled feta cheese
- ☐ 1½ cups shredded Mexican-blend cheese
- ☐ goat cheese
- ☐ ¾ cup heavy whipping cream
- ☐ 2½ cups plus 7 Tbsp. milk
- ☐ 8 oz. cream cheese
- ☐ 1¾ sticks butter
- ☐ 4 eggs

PRODUCE

- ☐ 1 large onion
- ☐ 4½ medium onions
- ☐ 12 spring onions (green onions)
- ☐ 1 rib celery
- ☐ 2 cups fresh diced tomatoes
- ☐ 2 medium tomatoes
- ☐ 2 Tbsp. fresh minced basil
- ☐ ⅓ cup fresh basil
- ☐ ¼ cup minced fresh cilantro
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ 2 small cucumbers
- ☐ 1 yellow bell pepper
- ☐ 1 orange bell pepper
- ☐ 4 cups chopped lettuce
- ☐ 1 small head romaine lettuce
- ☐ 4 cups baby spinach
- ☐ ¼ cup shredded red cabbage
- ☐ 1½ cups chopped broccoli
- ☐ 1 tsp. grated lime peel
- ☐ ½ tsp. grated lemon peel
- ☐ 2 Tbsp. fresh lemon juice

CANNED/DRY GOODS

- ☐ 10¾-oz. can tomato puree
- ☐ 3 6-oz. cans tomato sauce
- ☐ 6-oz. can tomato paste
- ☐ 1 cup canned black beans
- ☐ 10½-oz. canned condensed chicken broth
- ☐ 8-oz. jar apricot preserves
- ☐ 2 tsp. apricot marmalade or preserves
- ☐ 3-oz. pkg. ramen noodles
- ☐ 7-oz. pkg. instant vanilla pudding mix
- ☐ rice or quinoa
- ☐ 1 cup brown lentils
- ☐ 1 cup brown long-grain rice
- ☐ 16-oz. pkg. egg roll wrappers
- ☐ 1 lb. whole wheat rotini pasta
- ☐ dried apricots
- ☐ Craisins®

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ poultry seasoning
- ☐ dried basil
- ☐ bay leaf
- ☐ ground cumin
- ☐ cayenne pepper
- ☐ Italian seasoning
- ☐ fennel seeds
- ☐ 11 cloves garlic
- ☐ 3½ cups stock, water, or combination
- ☐ olive oil
- ☐ vegetable oil
- ☐ balsamic vinegar
- ☐ apple cider vinegar
- ☐ sugar
- ☐ honey
- ☐ Dijon mustard
- ☐ soy sauce
- ☐ 1 cup flour
- ☐ 6 oz. chocolate chips
- ☐ 2 cups confectioners' sugar
- ☐ ½ cup chopped walnuts
- ☐ slivered almonds
- ☐ oil for deep-fat frying

SHOPPING LIST - SPRING

Week 12

PROTEIN

- ☐ 8–10 skinless chicken thighs
- ☐ 3–4 lb. rump roast
- ☐ 2-lb. pkg. smoked sausage links
- ☐ cooked hamburger, *optional*
- ☐ chipped ham, *optional*
- ☐ smoked turkey, *optional*

FROZEN

- ☐ ½ cup frozen whipped topping

DAIRY and REFRIGERATED

- ☐ 4 hard-boiled eggs
- ☐ 5 egg yolks
- ☐ ½ cup sour cream
- ☐ 1½ cups fat-free sour cream
- ☐ 2 cups milk
- ☐ 2 cups heavy cream
- ☐ 8-oz. fat-free cream cheese
- ☐ 1–2 cups shredded mozzarella cheese
- ☐ ½ cup queso fresco
- ☐ 2 Tbsp. butter
- ☐ 32-oz. bag refrigerated sauerkraut, or canned

PRODUCE

- ☐ 2 cups diced celery
- ☐ 2 medium onions
- ☐ ¾ cup shredded red cabbage
- ☐ 1 medium head cabbage
- ☐ ½ cup fresh cilantro
- ☐ 1 cup fresh parsley
- ☐ 5 lbs. potatoes
- ☐ broccoli florets, *optional*
- ☐ sliced mushrooms, *optional*

- ☐ 1 apple
- ☐ 2 limes
- ☐ 4 cups seedless grapes
- ☐ fresh berries, for garnish

CANNED/DRY GOODS

- ☐ 15-oz. can pineapple tidbits
- ☐ 14½-oz. can diced garlic and onion tomatoes
- ☐ 18-oz. bottle barbecue sauce
- ☐ 16-oz. jar whole dill pickles
- ☐ 1½ cups pizza sauce
- ☐ 1½ cups brown rice
- ☐ 20 (or so) white corn tortillas
- ☐ 1½ cups buttermilk baking mix
- ☐ 1 cup dry small pasta
- ☐ sandwich rolls

DO YOU HAVE THESE ON HAND?

- ☐ dry mustard
- ☐ pepper
- ☐ salt
- ☐ garlic powder
- ☐ onion salt or garlic salt
- ☐ 3 cloves garlic
- ☐ ¼–⅓ cup lime juice
- ☐ ¼ cup plus 1 Tbsp. lemon juice
- ☐ sugar
- ☐ brown sugar
- ☐ ¼ cup superfine sugar
- ☐ 1 Tbsp. high-quality vanilla extract
- ☐ ½ cup soy sauce
- ☐ 1 cup mayonnaise
- ☐ Worcestershire sauce
- ☐ 1 cup ketchup
- ☐ olive oil
- ☐ ½ cup cashew pieces

SHOPPING LIST - SPRING

Week 13

PROTEIN

- ☐ 2½ lbs. ham steaks
- ☐ 5–6 lbs. boneless, skinless chicken thighs
- ☐ 3–4 lb. chuck roast

DAIRY and REFRIGERATED

- ☐ ½ cup plain yogurt
- ☐ 1½ cups shredded extra-sharp cheddar cheese
- ☐ ½ cup freshly grated Parmesan cheese
- ☐ 2 cups feta cheese
- ☐ 9 eggs
- ☐ 2¾ cups plus 2 Tbsp. milk
- ☐ 3 Tbsp. butter
- ☐ 8- or 12-oz. pkg. prepared pizza dough
- ☐ butter, *optional*
- ☐ shredded mozzarella cheese, *optional*

PRODUCE

- ☐ 3 medium onions
- ☐ 2 large onions
- ☐ 2 spring onions
- ☐ ¼ cup red onion, *optional*
- ☐ 2 large carrots
- ☐ 2 large parsnips
- ☐ 2 ribs celery
- ☐ 4 large beets, or 2 15½-oz. jars
- ☐ 10–12 tomato slices
- ☐ ½ cup sliced mushrooms
- ☐ ½ cup diced bell pepper or broccoli florets
- ☐ 4 qts. cherry tomatoes
- ☐ ¼ cup fresh finely chopped dill
- ☐ 1 qt. fresh corn, or 2 1-lb. bags frozen
- ☐ 2 cups fresh blueberries, or frozen
- ☐ 2 cups fresh blackberries, or frozen
- ☐ 1 tsp. grated orange peel

CANNED/DRY GOODS

- ☐ 20-oz. can pineapple ring slices

- ☐ 6-oz. jar maraschino cherries
- ☐ 15½-oz. can petite diced tomatoes
- ☐ 1 can beef consommé
- ☐ 1 can Progresso French onion soup
- ☐ 8 slices firm white bread
- ☐ 1½ cups cornflakes
- ☐ 6 French rolls
- ☐ ½ cup kalamata olives, pitted
- ☐ spaghetti
- ☐ pita bread

DO YOU HAVE THESE ON HAND?

- ☐ dried oregano
- ☐ dry mustard
- ☐ lemon pepper
- ☐ seasoning salt
- ☐ dried parsley
- ☐ salt
- ☐ pepper
- ☐ garlic powder
- ☐ onion powder
- ☐ bay leaf
- ☐ coarse salt
- ☐ dried rosemary
- ☐ dried thyme
- ☐ dried basil
- ☐ ground cinnamon
- ☐ ground nutmeg
- ☐ 8 cloves garlic
- ☐ 4 cups beef broth
- ☐ olive oil
- ☐ vegetable oil
- ☐ Worcestershire sauce
- ☐ 1½ cups plus 4 Tbsp. sugar
- ☐ brown sugar
- ☐ 1 cup plus 3 Tbsp. flour
- ☐ baking powder

SPIRITS

- ☐ 1 can or bottle of beer