

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