

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