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
- ☐ 21⁄3 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*