

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