

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