*SHOPPING LIST - SPRING*

# Week 7

## PROTEIN

- ☐ 2 lbs. ground turkey
- ☐ 5-lb. cooked bone-in ham

## FROZEN

- ☐ 1 cup frozen peas
- ☐ 20-oz. bag frozen stuffed shells

## DAIRY and REFRIGERATED

- ☐ 4 eggs
- ☐ 3 Tbsp. orange juice
- ☐ ¼ cup lemon juice
- ☐ 3 cups milk
- ☐ 1 stick plus 5 Tbsp. butter
- ☐ 2 cups shredded cheddar cheese
- ☐ 1½ cups cottage cheese
- ☐ 8 oz. sour cream
- ☐ cheese slices, *optional*

## PRODUCE

- ☐ 3 medium onions
- ☐ ¾ cup chopped onion
- ☐ 2 carrots
- ☐ ½ cup chopped carrots
- ☐ 1 rib celery
- ☐ ⅔ cup finely chopped celery
- ☐ 4 green onions
- ☐ 1 parsnip
- ☐ 1 turnip or rutabaga
- ☐ ½ lb. mushrooms
- ☐ 2 cups diced potatoes
- ☐ 3 potatoes
- ☐ 2 medium red potatoes
- ☐ 1 medium sweet potato
- ☐ 1 Tbsp. minced fresh rosemary, or dried
- ☐ 1 Tbsp. minced fresh thyme, or dried
- ☐ ⅓ cup chopped parsley
- ☐ 6–7 apples

## CANNED/DRY GOODS

- ☐ 16-oz. can evaporated milk
- ☐ 15-oz. can marinara or spaghetti sauce
- ☐ 15-oz. can green beans
- ☐ 18-oz. butter recipe golden cake mix
- ☐ 14½-oz. can chicken broth
- ☐ ¾ cup dry bread crumbs
- ☐ 3–4 uncooked lasagna noodles
- ☐ hamburger buns
- ☐ 1 cup shredded coconut
- ☐ pickles, *optional*
- ☐ relish, *optional*

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ black pepper
- ☐ sesame seeds
- ☐ garlic powder, or fresh minced
- ☐ seasoning salt
- ☐ dried oregano
- ☐ parsley flakes
- ☐ crushed red pepper
- ☐ 1 clove garlic, or powder
- ☐ 1 tsp. chicken bouillon granules
- ☐ extra-virgin olive oil
- ☐ Worcestershire sauce
- ☐ ketchup
- ☐ Dijon mustard
- ☐ prepared mustard, *optional*
- ☐ mayonnaise, *optional*
- ☐ flour
- ☐ ½ cup chopped walnuts