

SHOPPING LIST - SPRING

# Week 8

## PROTEIN

- ☐ 2¾ lbs. ground beef
- ☐ 6 lb. whole chicken
- ☐ 4 oz. sliced pepperoni
- ☐ 6 strips double-smoked bacon

## DAIRY and REFRIGERATED

- ☐ 1½ cups grated cheese, your choice
- ☐ 1½ cups shredded mozzarella cheese
- ☐ 8 oz. smoked Gouda cheese
- ☐ 9 Tbsp. butter
- ☐ ½ cup buttermilk
- ☐ 2 eggs
- ☐ vanilla yogurt, *optional*

## PRODUCE

- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 1½ cups chopped onion
- ☐ 1 rib celery
- ☐ ½ cup chopped celery
- ☐ 1 carrot
- ☐ ½ cup chopped carrots
- ☐ ½ green bell pepper
- ☐ 1 cup chopped bell peppers
- ☐ 1 cup okra
- ☐ 1 large tomato
- ☐ 1 cup chopped tomatoes
- ☐ 1 large zucchini
- ☐ 3 cups shredded cabbage
- ☐ 1½ cups fresh mushrooms
- ☐ 1 Tbsp. chopped parsley, or dried
- ☐ 1 Tbsp. chopped thyme, or dried
- ☐ 1 Tbsp. chopped rosemary, or dried
- ☐ 4 cups blueberries
- ☐ ½ tsp. grated lemon peel

## CANNED/DRY GOODS

- ☐ 1 envelope dry taco seasoning
- ☐ 16-oz. can fat-free refried beans
- ☐ 16-oz. can chopped tomatoes
- ☐ 14½-oz. can low-sodium diced tomatoes
- ☐ 26-oz. jar fat-free, low-sodium marinara sauce
- ☐ 10¾-oz. can tomato soup
- ☐ bag of tortilla chips
- ☐ ¼ cup barley
- ☐ 1 envelope chicken gravy mix
- ☐ macaroni
- ☐ 2 Tbsp. evaporated milk, or cream

## DO YOU HAVE THESE ON HAND?

- ☐ bay leaf
- ☐ seasoned salt
- ☐ salt
- ☐ pepper
- ☐ Old Bay Seasoning
- ☐ Italian seasoning
- ☐ cinnamon
- ☐ 3–4 cloves garlic
- ☐ 2 tsp. beef bouillon granules
- ☐ 3 cups chicken broth
- ☐ 1 cup yellow cornmeal
- ☐ baking soda
- ☐ baking powder
- ☐ flour
- ☐ ½ cup whole wheat flour
- ☐ sugar
- ☐ ½ cup brown sugar
- ☐ vegetable oil
- ☐ ¾ cup dry rolled oats
- ☐ ¼ cup maple syrup
- ☐ ½ cup pecans
- ☐ 2 Tbsp. quick-cooking tapioca
- ☐ 2 Tbsp. lemon juice
- ☐ ¼ cup ketchup