

SHOPPING LIST - SPRING

# Week 9

## PROTEIN

- ☐ 2-lb. boneless beef top round roast
- ☐ 1 lb. ground beef
- ☐ ¾ lb. ground pork
- ☐ 8 boneless skinless chicken breast halves

## DAIRY and REFRIGERATED

- ☐ 2 cups apple juice
- ☐ 3 eggs
- ☐ 2 hard-boiled eggs
- ☐ ¼ cup grated Parmesan cheese
- ☐ 3 cups shredded sharp cheddar or Swiss cheese
- ☐ 1½ cups plus 6 Tbsp. milk
- ☐ 1 stick butter

## PRODUCE

- ☐ 2 small onions
- ☐ 1 medium onion
- ☐ 1 large onion
- ☐ ¼ cup chopped onion
- ☐ 5–6 carrots
- ☐ 6 ribs celery
- ☐ ¼ cup chopped celery
- ☐ 6 medium tomatoes
- ☐ 4 qts. cherry tomatoes
- ☐ 3–4 potatoes
- ☐ 12 medium red bliss potatoes
- ☐ ¼ lb. mushrooms
- ☐ 1 Tbsp. fresh parsley
- ☐ 6 cups sliced, firm red apples

## CANNED/DRY GOODS

- ☐ 16-oz. can tomato sauce
- ☐ 2 10¾-oz. cans cream of celery soup
- ☐ 12-oz. can evaporated milk
- ☐ 1 cup soft bread crumbs
- ☐ spaghetti

- ☐ 8 oz. dry elbow macaroni
- ☐ 1 cup uncooked wild rice
- ☐ ¾ cup unsweetened applesauce

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ ground ginger, or fresh
- ☐ cinnamon
- ☐ nutmeg
- ☐ dried basil
- ☐ dried oregano
- ☐ 2 bay leaves
- ☐ pepper
- ☐ dried rosemary
- ☐ dried thyme
- ☐ Italian herb seasoning
- ☐ dry mustard
- ☐ minced onion
- ☐ garlic powder
- ☐ dried sage
- ☐ celery seed
- ☐ white pepper
- ☐ 1 whole clove, or ground cloves
- ☐ 2 cloves garlic
- ☐ olive oil
- ☐ oil of your choice
- ☐ white vinegar
- ☐ 3 cups chicken stock
- ☐ 1 Tbsp. Old English mustard
- ☐ baking powder
- ☐ 2 cups all-purpose flour
- ☐ 1 tsp. lemon juice
- ☐ sugar
- ☐ ¼ cup ketchup
- ☐ cornstarch
- ☐ ¼ cup mayonnaise
- ☐ ½ cup quick-cooking tapioca
- ☐ ¼ cup slivered almonds

## SPIRITS

- ☐ ⅓ cup sherry or white wine, *optional*