SHOPPING LIST - SPRING

Week 10

PROTEIN

- ☐ 2 4-lb. boneless beef chuck roasts
- ☐ 6-lb. whole chicken
- ☐ 10 slices bacon

DAIRY and REFRIGERATED

- ☐ plain yogurt, *optional*
- ☐ ½ cup plain nonfat Greek yogurt
- ☐ 1 cup Miracle Whip dressing
- ☐ 5 Tbsp. butter
- ☐ 3 eggs
- ☐ 1½ cups milk
- ☐ ¾ cup grated sharp cheese
- ☐ ½ cup plus 2 Tbsp. lemon juice

PRODUCE

- ☐ 1 large onion
- ☐ 2 medium onions
- ☐ 1 small onion
- ☐ 2¼ cups diced onion
- ☐ 2 Tbsp. minced garlic
- ☐ 1 head romaine lettuce
- ☐ 2–3 tomatoes
- ☐ 1 English cucumber
- ☐ 2 ribs celery
- ☐ 1 bell pepper
- ☐ 2 bunches broccoli
- ☐ 1 cup green beans
- ☐ 2–3 ears of corn
- ☐ 2 Tbsp. horseradish
- ☐ 1 zucchini
- ☐ 9 rosemary sprigs
- ☐ 1 Tbsp. fresh chopped dill
- ☐ 3 lemons
- ☐ 1½ tsp. lemon zest
- ☐ 3 limes
- ☐ 3 oranges
- ☐ 1 green apple
- ☐ 1 red apple

CANNED/DRY GOODS

- ☐ 6-oz. can tomato paste
- ☐ 8-oz. can tomato sauce
- ☐ 1 can refried beans
- ☐ 1¼ cups canned diced green chili peppers
- ☐ 10–16 pita breads
- ☐ 1 cup cubed bread
- ☐ ½ cup chipotle salsa
- ☐ 1 envelope dry taco seasoning mix
- ☐ 10 tostada shells
- ☐ 1⁄3 cup dried cranberries
- ☐ 1 cup golden raisins
- ☐ 1 cup chopped cashews

DO YOU HAVE THESE ON HAND?

- ☐ dried oregano
- ☐ dried rosemary
- ☐ salt
- ☐ pepper
- ☐ chili powder
- ☐ dried basil
- ☐ garlic powder
- ☐ 3 cloves garlic
- ☐ 6 Tbsp. cooking oil
- ☐ apple cider vinegar
- ☐ vinegar of your choice
- ☐ Dijon mustard
- ☐ ½ cup mayonnaise or salad dressing
- ☐ cornstarch
- ☐ ¼ cup hot pepper sauce
- ☐ prepared mustard
- ☐ sugar
- ☐ flour

SPIRITS

- ☐ 1 cup dry red wine