SHOPPING LIST - SPRING

Week 11

PROTEIN

- ☐ 4–5 lb. whole fryer chicken
- ☐ 2 lbs. Italian sausage
- ☐ 3½–4 lb. boneless pork loin

FROZEN

- ☐ 1 cup frozen corn
- ☐ 8 oz. frozen whipped topping

DAIRY and REFRIGERATED

- ☐ ½ cup crumbled feta cheese
- ☐ 1½ cups shredded Mexican-blend cheese
- ☐ goat cheese
- ☐ ¾ cup heavy whipping cream
- ☐ 2½ cups plus 7 Tbsp. milk
- ☐ 8 oz. cream cheese
- ☐ 1¾ sticks butter
- ☐ 4 eggs

PRODUCE

- ☐ 1 large onion
- ☐ 4½ medium onions
- ☐ 12 spring onions (green onions)
- ☐ 1 rib celery
- ☐ 2 cups fresh diced tomatoes
- ☐ 2 medium tomatoes
- ☐ 2 Tbsp. fresh minced basil
- ☐ ⅓ cup fresh basil
- ☐ ¼ cup minced fresh cilantro
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ 2 small cucumbers
- ☐ 1 yellow bell pepper
- ☐ 1 orange bell pepper
- ☐ 4 cups chopped lettuce
- ☐ 1 small head romaine lettuce
- ☐ 4 cups baby spinach
- ☐ ¼ cup shredded red cabbage
- ☐ 1½ cups chopped broccoli
- ☐ 1 tsp. grated lime peel
- ☐ ½ tsp. grated lemon peel
- ☐ 2 Tbsp. fresh lemon juice

CANNED/DRY GOODS

- ☐ 10¾-oz. can tomato puree
- ☐ 3 6-oz. cans tomato sauce
- ☐ 6-oz. can tomato paste
- ☐ 1 cup canned black beans
- ☐ 10½-oz. canned condensed chicken broth
- ☐ 8-oz. jar apricot preserves
- ☐ 2 tsp. apricot marmalade or preserves
- ☐ 3-oz. pkg. ramen noodles
- ☐ 7-oz. pkg. instant vanilla pudding mix
- ☐ rice or quinoa
- ☐ 1 cup brown lentils
- ☐ 1 cup brown long-grain rice
- ☐ 16-oz. pkg. egg roll wrappers
- ☐ 1 lb. whole wheat rotini pasta
- ☐ dried apricots
- ☐ Craisins®

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ poultry seasoning
- ☐ dried basil
- ☐ bay leaf
- ☐ ground cumin
- ☐ cayenne pepper
- ☐ Italian seasoning
- ☐ fennel seeds
- ☐ 11 cloves garlic
- ☐ 3½ cups stock, water, or combination
- ☐ olive oil
- ☐ vegetable oil
- ☐ balsamic vinegar
- ☐ apple cider vinegar
- ☐ sugar
- ☐ honey
- ☐ Dijon mustard
- ☐ soy sauce
- ☐ 1 cup flour
- ☐ 6 oz. chocolate chips
- ☐ 2 cups confectioners' sugar
- ☐ ½ cup chopped walnuts
- ☐ slivered almonds
- ☐ oil for deep-fat frying