

SHOPPING LIST - SPRING

Week 12

PROTEIN

- ☐ 8–10 skinless chicken thighs
- ☐ 3–4 lb. rump roast
- ☐ 2-lb. pkg. smoked sausage links
- ☐ cooked hamburger, *optional*
- ☐ chipped ham, *optional*
- ☐ smoked turkey, *optional*

FROZEN

- ☐ ½ cup frozen whipped topping

DAIRY and REFRIGERATED

- ☐ 4 hard-boiled eggs
- ☐ 5 egg yolks
- ☐ ½ cup sour cream
- ☐ 1½ cups fat-free sour cream
- ☐ 2 cups milk
- ☐ 2 cups heavy cream
- ☐ 8-oz. fat-free cream cheese
- ☐ 1–2 cups shredded mozzarella cheese
- ☐ ½ cup queso fresco
- ☐ 2 Tbsp. butter
- ☐ 32-oz. bag refrigerated sauerkraut, or canned

PRODUCE

- ☐ 2 cups diced celery
- ☐ 2 medium onions
- ☐ ¾ cup shredded red cabbage
- ☐ 1 medium head cabbage
- ☐ ½ cup fresh cilantro
- ☐ 1 cup fresh parsley
- ☐ 5 lbs. potatoes
- ☐ broccoli florets, *optional*
- ☐ sliced mushrooms, *optional*

- ☐ 1 apple
- ☐ 2 limes
- ☐ 4 cups seedless grapes
- ☐ fresh berries, for garnish

CANNED/DRY GOODS

- ☐ 15-oz. can pineapple tidbits
- ☐ 14½-oz. can diced garlic and onion tomatoes
- ☐ 18-oz. bottle barbecue sauce
- ☐ 16-oz. jar whole dill pickles
- ☐ 1½ cups pizza sauce
- ☐ 1½ cups brown rice
- ☐ 20 (or so) white corn tortillas
- ☐ 1½ cups buttermilk baking mix
- ☐ 1 cup dry small pasta
- ☐ sandwich rolls

DO YOU HAVE THESE ON HAND?

- ☐ dry mustard
- ☐ pepper
- ☐ salt
- ☐ garlic powder
- ☐ onion salt or garlic salt
- ☐ 3 cloves garlic
- ☐ ¼–⅓ cup lime juice
- ☐ ¼ cup plus 1 Tbsp. lemon juice
- ☐ sugar
- ☐ brown sugar
- ☐ ¼ cup superfine sugar
- ☐ 1 Tbsp. high-quality vanilla extract
- ☐ ½ cup soy sauce
- ☐ 1 cup mayonnaise
- ☐ Worcestershire sauce
- ☐ 1 cup ketchup
- ☐ olive oil
- ☐ ½ cup cashew pieces