

SHOPPING LIST - SPRING

Week 13

PROTEIN

- ☐ 2½ lbs. ham steaks
- ☐ 5–6 lbs. boneless, skinless chicken thighs
- ☐ 3–4 lb. chuck roast

DAIRY and REFRIGERATED

- ☐ ½ cup plain yogurt
- ☐ 1½ cups shredded extra-sharp cheddar cheese
- ☐ ½ cup freshly grated Parmesan cheese
- ☐ 2 cups feta cheese
- ☐ 9 eggs
- ☐ 2¾ cups plus 2 Tbsp. milk
- ☐ 3 Tbsp. butter
- ☐ 8- or 12-oz. pkg. prepared pizza dough
- ☐ butter, *optional*
- ☐ shredded mozzarella cheese, *optional*

PRODUCE

- ☐ 3 medium onions
- ☐ 2 large onions
- ☐ 2 spring onions
- ☐ ¼ cup red onion, *optional*
- ☐ 2 large carrots
- ☐ 2 large parsnips
- ☐ 2 ribs celery
- ☐ 4 large beets, or 2 15½-oz. jars
- ☐ 10–12 tomato slices
- ☐ ½ cup sliced mushrooms
- ☐ ½ cup diced bell pepper or broccoli florets
- ☐ 4 qts. cherry tomatoes
- ☐ ¼ cup fresh finely chopped dill
- ☐ 1 qt. fresh corn, or 2 1-lb. bags frozen
- ☐ 2 cups fresh blueberries, or frozen
- ☐ 2 cups fresh blackberries, or frozen
- ☐ 1 tsp. grated orange peel

CANNED/DRY GOODS

- ☐ 20-oz. can pineapple ring slices

- ☐ 6-oz. jar maraschino cherries
- ☐ 15½-oz. can petite diced tomatoes
- ☐ 1 can beef consommé
- ☐ 1 can Progresso French onion soup
- ☐ 8 slices firm white bread
- ☐ 1½ cups cornflakes
- ☐ 6 French rolls
- ☐ ½ cup kalamata olives, pitted
- ☐ spaghetti
- ☐ pita bread

DO YOU HAVE THESE ON HAND?

- ☐ dried oregano
- ☐ dry mustard
- ☐ lemon pepper
- ☐ seasoning salt
- ☐ dried parsley
- ☐ salt
- ☐ pepper
- ☐ garlic powder
- ☐ onion powder
- ☐ bay leaf
- ☐ coarse salt
- ☐ dried rosemary
- ☐ dried thyme
- ☐ dried basil
- ☐ ground cinnamon
- ☐ ground nutmeg
- ☐ 8 cloves garlic
- ☐ 4 cups beef broth
- ☐ olive oil
- ☐ vegetable oil
- ☐ Worcestershire sauce
- ☐ 1½ cups plus 4 Tbsp. sugar
- ☐ brown sugar
- ☐ 1 cup plus 3 Tbsp. flour
- ☐ baking powder

SPIRITS

- ☐ 1 can or bottle of beer