

SHOPPING LIST - SUMMER

Week 1

PROTEIN

- ☐ 1 ¼ lbs. lean ground beef
- ☐ 6 boneless skinless chicken breast halves
- ☐ 2 lbs. spicy precooked sausage

FROZEN

- ☐ 1 cup frozen corn

DAIRY and REFRIGERATED

- ☐ ½ cup reduced-fat shredded mozzarella cheese
- ☐ 1 cup grated fat-free cheddar cheese
- ☐ ¼ cup shredded Parmesan cheese
- ☐ 3 oz. shredded sharp cheddar cheese
- ☐ 4 Tbsp. crumbled blue cheese or shredded baby Swiss, *optional*
- ☐ 1 egg
- ☐ 1 ¾ cups fat-free milk
- ☐ ½ cup apple juice
- ☐ 1 stick plus 1 Tbsp. butter
- ☐ 2 oz. cream cheese

PRODUCE

- ☐ 6 large green bell peppers
- ☐ 1 large head lettuce
- ☐ 1 large head romaine lettuce
- ☐ 1 large onion
- ☐ ¼ cup chopped onions
- ☐ 2 carrots
- ☐ 2 ribs celery
- ☐ ½ lb. fresh asparagus
- ☐ 1 ½ lbs. potatoes
- ☐ 1 Tbsp. plus 1 tsp. grated fresh ginger
- ☐ ¼ cup fresh cilantro
- ☐ 2 large apples
- ☐ 1 Granny Smith apple

CANNED/DRY GOODS

- ☐ 15-oz. can tomato sauce
- ☐ 16-oz. can diced tomatoes
- ☐ 16-oz. can corn
- ☐ 14-oz. can chicken broth
- ☐ 28-oz. can low-sodium diced tomatoes
- ☐ 6-oz. can tomato paste
- ☐ 21-oz. can cherry pie filling
- ☐ long-grain rice
- ☐ ½ pkg. maifun rice noodles
- ☐ 1 ¼-oz. pkg. dry chili seasoning mix
- ☐ ¼ cup dry lentils
- ☐ 4-oz. uncooked fettuccine
- ☐ 1 pkg. yellow cake mix

DO YOU HAVE THESE ON HAND?

- ☐ dried minced onion
- ☐ garlic powder
- ☐ red pepper flakes
- ☐ dried parsley flakes
- ☐ dried marjoram
- ☐ pepper
- ☐ salt
- ☐ 5 cloves garlic
- ☐ 1 ½ tsp. lemon juice
- ☐ 2 ½ cups low-sodium, reduced fat chicken broth
- ☐ honey
- ☐ low-sodium soy sauce
- ☐ ½ cup rice wine vinegar
- ☐ vinegar of your choice
- ☐ olive oil
- ☐ Worcestershire sauce
- ☐ Dijon mustard
- ☐ sugar
- ☐ ¼ cup brown sugar
- ☐ ¾ cup cornmeal
- ☐ ½ cup roasted peanuts
- ☐ 4–6 Tbsp. chopped walnuts or cashews
- ☐ ⅓ cup chopped walnuts, *optional*

SHOPPING LIST - SUMMER

Week 2

☐ PROTEIN

- ☐ 3–4 lb. rump roast
- ☐ 2 lbs. boneless, skinless chicken breasts
- ☐ 2 lbs. 95% lean ground beef

FROZEN

- ☐ 1 cup frozen corn

DAIRY and REFRIGERATED

- ☐ 1 cup nonfat Mexican-style shredded cheese
- ☐ 3 cups grated low-fat cheddar cheese
- ☐ 2 cups shredded mozzarella cheese
- ☐ ¼ cup grated Parmesan cheese
- ☐ 15 oz. ricotta cheese
- ☐ 12 hard-boiled eggs
- ☐ 6 eggs
- ☐ 1 Tbsp. butter

PRODUCE

- ☐ 1 green bell pepper
- ☐ 1 red bell pepper
- ☐ 4 medium onions
- ☐ 2 small onions
- ☐ 1 cup diced onions
- ☐ 1 medium zucchini
- ☐ 2 cups finely chopped cabbage
- ☐ ½ cup chopped lettuce
- ☐ 1 cup diced celery
- ☐ 1 cup diced carrots

CANNED/DRY GOODS

- ☐ 28-oz. can diced tomatoes
- ☐ 16-oz. can garbanzo beans
- ☐ 10¾-oz. can 98% fat-free cream of mushroom soup

- ☐ 2 4-oz. cans mild chopped green chilies
- ☐ 28-oz. jar spaghetti sauce
- ☐ 14-oz. can low-fat, low-sodium spaghetti sauce
- ☐ 14-oz. can fat-free pizza sauce
- ☐ 10¾-oz. can fat-free chicken broth
- ☐ 16-oz. jar low-sodium salsa
- ☐ 1½ cups chunky salsa
- ☐ 1 envelope dry onion soup mix
- ☐ 1 cup uncooked small elbow, shell or macaroni
- ☐ 6–7 uncooked lasagna noodles
- ☐ 12 oz. dry kluski noodles
- ☐ 1 lb. macaroni noodles
- ☐ whole wheat sandwich rolls
- ☐ 10 6-inch flour tortillas
- ☐ 2 lbs. white chocolate coating
- ☐ 2 cups semisweet chocolate
- ☐ 4-oz. pkg. sweet German chocolate
- ☐ 24-oz. jar roasted peanuts

DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ dried basil
- ☐ dried oregano
- ☐ 2 cups mayonnaise
- ☐ paprika, *optional*
- ☐ red pepper, *optional*
- ☐ 2 Tbsp. dry taco seasoning mix
- ☐ minced dried parsley
- ☐ salt
- ☐ dried thyme
- ☐ pepper
- ☐ rubbed sage
- ☐ 1 beef bouillon cube
- ☐ canola oil
- ☐ flour
- ☐ 2 cups sugar
- ☐ ½ cup vinegar, or lemon juice
- ☐ prepared mustard

SHOPPING LIST - SUMMER

Week 3

PROTEIN

- ☐ 3–4-lb. boneless beef brisket
- ☐ 3 whole chicken breasts
- ☐ 2 lbs. ground beef

DAIRY and REFRIGERATED

- ☐ 2 Tbsp. orange juice
- ☐ 5 cups shredded cheese of your choice
- ☐ 2 eggs
- ☐ $\frac{3}{4}$ cup cottage cheese, *optional*
- ☐ 1 cup milk
- ☐ 2 sticks butter

PRODUCE

- ☐ 2 small onions
- ☐ 1 large onion
- ☐ $\frac{1}{2}$ cup chopped onion
- ☐ 1 cup chopped red onion
- ☐ $\frac{1}{2}$ cup chopped celery
- ☐ $\frac{3}{4}$ cup chopped green bell pepper

CANNED/DRY GOODS

- ☐ 15-oz. can enchilada sauce, green or red
- ☐ 15-oz. bottle sweet barbecue sauce
- ☐ 2 cups barbecue sauce
- ☐ 2 15-oz. cans chili beans
- ☐ 15-oz. can Santa Fe, Mexican, or Fiesta corn
- ☐ 20-oz. can pineapple chunks
- ☐ 1 8-oz. can pineapple slices
- ☐ 1 can black beans
- ☐ 8 sandwich rolls
- ☐ 12–14 small flour tortillas
- ☐ $1\frac{1}{4}$ cups bread crumbs
- ☐ 2 cups uncooked long-grain rice

- ☐ 3 cups pizza sauce
- ☐ 6–8 maraschino cherries
- ☐ 1 box dry yellow cake mix
- ☐ steak rolls

DO YOU HAVE THESE ON HAND?

- ☐ dry mustard
- ☐ pepper
- ☐ salt
- ☐ cayenne pepper, *optional*
- ☐ garlic powder, *optional*
- ☐ garlic salt
- ☐ 3 tsp. beef bouillon granules, or 2 beef bouillon cubes
- ☐ cornstarch
- ☐ $1\frac{1}{4}$ cups flour
- ☐ $\frac{3}{4}$ cup yellow cornmeal
- ☐ 1 cup plus $1\frac{1}{2}$ teaspoons brown sugar
- ☐ $\frac{1}{4}$ cup sugar
- ☐ baking powder
- ☐ canola oil
- ☐ vinegar of your choice
- ☐ apple cider vinegar
- ☐ $\frac{1}{4}$ cup molasses
- ☐ Worcestershire sauce
- ☐ prepared mustard
- ☐ hot pepper sauce
- ☐ $1\frac{3}{4}$ cups ketchup

SHOPPING LIST - SUMMER

Week 4

PROTEIN

- ☐ 3 lbs. chicken wings
- ☐ 2½-lb. turkey breast
- ☐ 2 lbs. ground beef
- ☐ 3–4 lb. precooked ham
- ☐ 8 strips bacon

DAIRY and REFRIGERATED

- ☐ 1 cup nonfat sour cream
- ☐ 3 cups shredded mozzarella or parmesan
- ☐ ½ stick butter

PRODUCE

- ☐ 2 large onions
- ☐ 1 medium onion
- ☐ 3 small onions
- ☐ 2 cups chopped onion
- ☐ 2½ cups chopped tomatoes
- ☐ 2 Tbsp. diced green bell pepper

CANNED/DRY GOODS

- ☐ 2 6-oz. cans tomato paste
- ☐ 5 15-oz. cans baked beans
- ☐ 1 qt. marinara sauce
- ☐ ¼ cup cola-flavored soda
- ☐ large pita breads
- ☐ 3 cups uncooked long-grain rice
- ☐ bread and buns
- ☐ 23-oz. pkg. brownie mix

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ dry mustard
- ☐ black pepper

- ☐ dried rosemary
- ☐ dried sage
- ☐ dried oregano
- ☐ ground cloves
- ☐ 4 cloves garlic
- ☐ 2 cups fat-free, low-sodium chicken broth
- ☐ vegetable oil
- ☐ canola oil
- ☐ cider vinegar
- ☐ red wine vinegar
- ☐ vinegar of your choice
- ☐ ½ cup molasses
- ☐ prepared mustard
- ☐ prepared horseradish
- ☐ 1½ cups ketchup
- ☐ ¼ cup flour
- ☐ 1⅓ cups plus 3 Tbsp. brown sugar
- ☐ sugar
- ☐ Worcestershire sauce
- ☐ ½ cup sweet pickle relish
- ☐ 1 cup chopped nuts

SPIRITS

- ☐ ½ cup red or white wine
- ☐ ½ cup white wine, *optional*

Week 5

PROTEIN

- ☐ 6-lb. round roast
- ☐ 5–6-lb. whole roasting chicken
- ☐ ½-lb. bulk Italian sausage
- ☐ 1½-lb. beef flank steak

DAIRY and REFRIGERATED

- ☐ ¾ cup orange juice
- ☐ ¾ cup fat-free sour cream
- ☐ 1 egg
- ☐ ½ cup shredded cheese of your choice
- ☐ ½–1 cup shredded Monterey Jack cheese, optional
- ☐ ¼ cup milk
- ☐ 2 Tbsp. butter

PRODUCE

- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 1 large onion
- ☐ 1½ cups chopped onion
- ☐ ½ cup chopped onion, optional
- ☐ 3 green bell peppers
- ☐ 4 red bell peppers
- ☐ 6–8 cups chopped lettuce
- ☐ 1 cup chopped lettuce, optional
- ☐ 1 cup diced tomatoes
- ☐ 1 cup diced tomatoes, optional
- ☐ 1 cup sugar snap peas
- ☐ ½ cup bean sprouts
- ☐ 2 lbs. asparagus
- ☐ 1 Tbsp. minced fresh parsley
- ☐ 1 jalapeño pepper
- ☐ 3 serrano chilies
- ☐ 1 lemon
- ☐ 4 cups fresh sour pitted cherries, or frozen

CANNED/DRY GOODS

- ☐ 15-oz. can tomato sauce

- ☐ 14½-oz. can stewed tomatoes
- ☐ 15-oz. can crushed tomatoes
- ☐ 15-oz. can low-sodium diced tomatoes with garlic and onion
- ☐ 14-oz. can diced tomatoes
- ☐ ¾ cup low-sodium salsa
- ☐ 1 lb. pasta
- ☐ 12 6-inch flour tortillas
- ☐ 1-oz. envelope dry fajita seasoning mix
- ☐ taco shells
- ☐ sandwich rolls

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ garlic powder
- ☐ dried minced onion
- ☐ onion powder
- ☐ dried oregano
- ☐ dried basil
- ☐ ground coriander
- ☐ ground cumin
- ☐ chili powder
- ☐ ground cinnamon
- ☐ 8 cloves garlic
- ☐ oil of your choice
- ☐ vegetable oil
- ☐ olive oil
- ☐ 5 tsp. lemon juice
- ☐ soy sauce
- ☐ cider vinegar
- ☐ honey
- ☐ sugar
- ☐ brown sugar
- ☐ ½ cup whole wheat flour
- ☐ 1 cup all-purpose flour
- ☐ cornstarch
- ☐ baking powder
- ☐ almond extract
- ☐ ¼ cup sliced almonds, *optional*

SHOPPING LIST - SUMMER

Week 6

PROTEIN

- ☐ 6-lb. bone-in turkey breast
- ☐ 10 boneless, skinless chicken breast halves
- ☐ 12-oz. pkg. shelled frozen shrimp

DAIRY and REFRIGERATED

- ☐ 3 cups shredded cheese, your choice of flavor
- ☐ 1½ cups shredded mozzarella cheese
- ☐ ⅓ cup shredded Parmesan cheese
- ☐ ½ cup ricotta cheese
- ☐ 2 eggs
- ☐ 4 Tbsp. butter
- ☐ 1 cup skim milk or buttermilk

PRODUCE

- ☐ 1 large onion
- ☐ 1 cup chopped red onions
- ☐ ½ cup minced fresh onions
- ☐ 8 green onions
- ☐ 1 medium zucchini
- ☐ ½ lb. winter squash
- ☐ 1 cup mushrooms
- ☐ ½ cup minced celery
- ☐ 4 cups baby spinach
- ☐ 1 medium lemon
- ☐ 1 Tbsp. chopped fresh parsley, optional

CANNED/DRY GOODS

- ☐ 10-oz. can low-sodium tomato sauce
- ☐ 4-oz. can chopped green chilies
- ☐ 6-oz. can low-sodium tomato paste
- ☐ 12-oz. can chili beans
- ☐ 12-oz. can kidney beans
- ☐ 12-oz. can black beans

- ☐ 12-oz. can pinto beans
- ☐ 12-oz. can low-sodium tomatoes
- ☐ 2 4-oz. cans sliced mushrooms
- ☐ 4 cups canned peaches
- ☐ 10–12 corn tortillas
- ☐ 1 cup marinara sauce
- ☐ 4 no-boil lasagna noodles
- ☐ 2 pkgs. dry Italian dressing mix
- ☐ ½ cup dry wild rice
- ☐ 1¼ cups uncooked rice
- ☐ ¼ cup biscuit baking mix

DO YOU HAVE THESE ON HAND?

- ☐ lemon pepper
- ☐ garlic salt
- ☐ chili powder
- ☐ garlic powder
- ☐ dried oregano
- ☐ salt
- ☐ ground cinnamon
- ☐ cornstarch
- ☐ 3½ cups fat-free, reduced-sodium chicken broth
- ☐ 1½ cups chicken stock, *optional*
- ☐ 6 cups fat-free, low-sodium chicken stock
- ☐ Worcestershire sauce
- ☐ ⅓ cup light soy sauce
- ☐ 2 Tbsp. peanut oil, or butter
- ☐ honey
- ☐ ⅔ cup plus ½ cup rolled, or quick, dry oats
- ☐ 1 pkg. active dry yeast
- ☐ ⅔ cup plus ½ cup slivered almonds
- ☐ ¼ cup wheat germ
- ☐ 2¾ cups whole wheat flour from hard wheat (also called bread flour)
- ☐ 3 Tbsp. wheat gluten
- ☐ ¾ cup brown sugar

SHOPPING LIST - SUMMER

Week 7

PROTEIN

- ☐ 1½ lbs. frozen firm-textured fish filets
- ☐ 10 boneless skinless chicken thighs
- ☐ 10–12 boneless pork chops
- ☐ 2 slices bacon

FROZEN

- ☐ 2 cups frozen green beans, or fresh

DAIRY and REFRIGERATED

- ☐ 4 Tbsp. butter
- ☐ ½ cup grated mild cheddar cheese
- ☐ ⅔ cup plain yogurt
- ☐ ½ cup milk

PRODUCE

- ☐ 2 medium onions
- ☐ 2 medium sweet potatoes
- ☐ 4 medium potatoes
- ☐ 1 head lettuce
- ☐ 1 cup shredded Brussels sprouts
- ☐ ½ cup shredded carrots
- ☐ 1½ cups broccoli, or frozen
- ☐ 8 large carrots
- ☐ 2 lemons

CANNED/DRY GOODS

- ☐ 8-oz. jar orange marmalade
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 1 cup chow mein noodles
- ☐ 8-oz. pkg. noodles or spaghetti
- ☐ hamburger buns
- ☐ canned sliced jalapeños, *optional*
- ☐ 1 cup raisins

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ bay leaf
- ☐ ginger
- ☐ garam masala
- ☐ garlic powder
- ☐ onion powder
- ☐ dry mustard
- ☐ 4 whole peppercorns
- ☐ grapeseed oil
- ☐ rice wine vinegar
- ☐ apple cider vinegar
- ☐ low-sodium soy sauce
- ☐ unsweetened cocoa powder
- ☐ baking powder
- ☐ ½ cup flour
- ☐ brown sugar
- ☐ ½ cup sugar
- ☐ vanilla extract
- ☐ honey
- ☐ Worcestershire sauce
- ☐ hot sauce
- ☐ ¼ cup peanut butter, smooth or chunky
- ☐ 1¼ cups ketchup
- ☐ ½ cup slivered almonds
- ☐ 1 Tbsp. lemon juice
- ☐ 4 Tbsp. mayonnaise

SHOPPING LIST - SUMMER

Week 8

PROTEIN

- ☐ 2 lbs. ground turkey
- ☐ 8 boneless, skinless chicken thighs
- ☐ 3-lb. boneless beef chuck roast
- ☐ 1 pkg. vegetarian hot dogs

FROZEN

- ☐ 3½ cups full-fat vanilla ice cream

DAIRY and REFRIGERATED

- ☐ 12 oz. shredded cheddar cheese
- ☐ 7–8 oz. crumbled feta cheese
- ☐ 10 slices provolone cheese
- ☐ 4 deli slices mozzarella cheese
- ☐ ¼ cup plain Greek yogurt
- ☐ ½ cup cream
- ☐ 2 eggs plus 3 egg yolks
- ☐ 16½-oz. roll refrigerator ready-to-bake chocolate chip cookie dough

PRODUCE

- ☐ 2 medium onions
- ☐ 1 large onion
- ☐ 1½ cups sliced onions
- ☐ ¼ cup chopped onion
- ☐ onion, sliced into rings, *optional*
- ☐ 1-lb. head of cabbage
- ☐ 1 red or green bell pepper
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ ¼ cup diced carrots
- ☐ ¼ cup diced celery
- ☐ 12 basil leaves
- ☐ 1 cup baby arugula
- ☐ 1 beefsteak tomato

- ☐ 4 medium plum tomatoes
- ☐ lettuce, *optional*
- ☐ tomatoes, sliced, *optional*

CANNED/DRY GOODS

- ☐ 14-oz. can diced tomatoes
- ☐ 16-oz. can tomato sauce
- ☐ 19-oz. can tomato-basil soup
- ☐ 15-oz. can garbanzo beans
- ☐ 6-oz. can pitted black olives
- ☐ 1 cup dry pasta
- ☐ 1 lb. dry lentils
- ☐ 2 cups barbecue sauce
- ☐ ¾ cup long-grain brown rice
- ☐ ⅔ cup uncooked brown rice
- ☐ 10½-inch-thick slices Italian bread
- ☐ 4 hoagie rolls
- ☐ pickles, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ onion powder
- ☐ salt
- ☐ pepper
- ☐ dried oregano
- ☐ dried basil
- ☐ cayenne pepper
- ☐ 2 cloves garlic
- ☐ 6 cups chicken broth
- ☐ cornstarch
- ☐ brown sugar
- ☐ Worcestershire sauce
- ☐ honey
- ☐ olive oil
- ☐ ½ cup balsamic vinegar
- ☐ ¼ cup mayonnaise
- ☐ ½ cup plus 2 Tbsp. lemon juice

SHOPPING LIST - SUMMER

Week 9

PROTEIN

- ☐ 5–6 lbs. chicken drumsticks
- ☐ 6 lbs. boneless pork spareribs
- ☐ 4 hot dogs, *optional*
- ☐ 10 fresh bratwurst

FROZEN

- ☐ 1 cup frozen corn

DAIRY and REFRIGERATED

- ☐ ¼ lb. white, or yellow, American cheese
- ☐ 1 cup shredded pepper jack cheese
- ☐ 3 cups shredded cheese: cheddar, or American, or Velveeta, or a combination
- ☐ 2 8-oz. pkg. cream cheese
- ☐ 2¾ cups milk
- ☐ 7–9 Tbsp. butter
- ☐ 8 oz. sour cream
- ☐ 1 egg

PRODUCE

- ☐ ½ cup chopped green bell pepper
- ☐ ¼ cup diced celery
- ☐ 1 small onion
- ☐ 2 Tbsp. finely chopped onion
- ☐ 10 medium red potatoes

CANNED/DRY GOODS

- ☐ 8-oz. can tomato sauce
- ☐ 10¾-oz. can cream of mushroom soup, or cream of celery soup
- ☐ 15-oz. can spiced cling peaches
- ☐ 15-oz. can black beans
- ☐ 14½-oz. can diced tomatoes with green chilies

- ☐ 28-oz. can crushed tomatoes
- ☐ 12-oz. can tomato paste
- ☐ 12-oz. can tomato puree
- ☐ 13-oz. can evaporated milk
- ☐ 1 qt. sliced peaches in juice
- ☐ 16 oz. spaghetti
- ☐ 8-oz. pkg. dry macaroni
- ☐ 3-oz. box vanilla instant pudding

DO YOU HAVE THESE ON HAND?

- ☐ pepper
- ☐ salt
- ☐ ground cumin
- ☐ paprika
- ☐ chili powder
- ☐ ground cinnamon
- ☐ garlic powder
- ☐ dried oregano
- ☐ parsley flakes, or fresh
- ☐ garlic salt
- ☐ 4–5 cloves garlic
- ☐ minced garlic
- ☐ ½ cup chicken broth
- ☐ olive oil
- ☐ oil
- ☐ baking powder
- ☐ sugar
- ☐ brown sugar
- ☐ cornstarch
- ☐ ¾ cup all-purpose flour
- ☐ ¼ cup white vinegar
- ☐ ½ cup plus 2 Tbsp. soy sauce
- ☐ ¼ cup ketchup
- ☐ 3 cups mashed potatoes

SPIRITS

- ☐ 12-oz. can beer

Week 10

PROTEIN

- ☐ 4 lbs. ground beef
- ☐ 3-lb. chuck roast, or round steak
- ☐ 10 boneless, skinless chicken breast halves

DAIRY and REFRIGERATED

- ☐ 3 eggs
- ☐ 1 cup sour cream
- ☐ 2 cups shredded cheese, your choice of flavor
- ☐ ½ cup grated low-fat cheddar cheese
- ☐ 1 pint buffalo mozzarella cheese balls, or ¼–½ lb. buffalo mozzarella cheese, sliced
- ☐ ½ cup milk

PRODUCE

- ☐ 2 medium onions
- ☐ 1 small onion
- ☐ 2½ cups chopped onions
- ☐ 4 ribs celery
- ☐ ¼ cup chopped celery
- ☐ ½ cup sliced celery
- ☐ 2 carrots
- ☐ 1 jalapeño pepper
- ☐ 2 large tomatoes
- ☐ ½ cup basil leaves
- ☐ 2 lemons
- ☐ fresh herbs, *optional*

CANNED/DRY GOODS

- ☐ 8-oz. can mild green chilies
- ☐ 4-oz. can chopped mild green chilies
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 10¾-oz. can 98% fat-free cream of mushroom soup
- ☐ 1 can water chestnuts
- ☐ ½ cup black olives
- ☐ 2 cups tomato juice
- ☐ 1 cup Italian bread crumbs

- ☐ 1 cup fettuccine
- ☐ potato chips
- ☐ 5 6-inch flour tortillas
- ☐ 8 sandwich rolls
- ☐ hamburger buns

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ Italian seasoning
- ☐ dry mustard
- ☐ chili powder
- ☐ bay leaves
- ☐ paprika
- ☐ garlic powder
- ☐ dried parsley
- ☐ dried basil
- ☐ dried oregano
- ☐ crushed red pepper flakes
- ☐ 21 cloves garlic
- ☐ minced garlic
- ☐ 2 cups reduced-sodium, 98% fat-free beef broth
- ☐ 5 cups beef stock
- ☐ 6 oz. chicken broth
- ☐ canola oil
- ☐ olive oil
- ☐ red wine vinegar
- ☐ vinegar of your choice
- ☐ Worcestershire sauce
- ☐ ketchup
- ☐ Tabasco sauce
- ☐ 3 Tbsp. brown sugar
- ☐ 1 cup sugar
- ☐ 1 cup dry all-purpose baking mix
- ☐ unsweetened cocoa powder
- ☐ vanilla extract
- ☐ 1 cup mayonnaise

SPIRITS

- ☐ ½ cup dry white wine
- ☐ 1 cup red wine

SHOPPING LIST - SUMMER

Week 11

PROTEIN

- ☐ 6 boneless, skinless chicken breast halves
- ☐ 4 sub-roll length sausages
- ☐ 1½ lbs. ground beef
- ☐ 8 oz. thinly sliced pepperoni
- ☐ ¼–½ cup fried and crumbled, bacon

FROZEN

- ☐ 10-oz. bag frozen peas
- ☐ 1 cup frozen whipped topping, or fresh whipped cream

DAIRY and REFRIGERATED

- ☐ 12 oz. creamed cottage cheese
- ☐ 2 cups shredded cheddar cheese
- ☐ ½ cup grated Parmesan cheese
- ☐ 3–4 cups shredded mozzarella cheese
- ☐ ½ cup shredded Monterey Jack or cheddar cheese
- ☐ 3 Tbsp. butter
- ☐ 8⅓ cups milk
- ☐ ½ cup sour cream
- ☐ 4 eggs
- ☐ 1 cup whipped cream, or frozen whipped topping

PRODUCE

- ☐ 2½ cups chopped onion
- ☐ ¼ cup chopped onion or green onions
- ☐ ½ cup chopped green bell pepper
- ☐ ¼ lb. fresh mushrooms, or
4 oz. canned
- ☐ 4 lbs. fresh tomatoes, or
28 oz. canned
- ☐ 1 cup cherry tomatoes for garnish, *optional*
- ☐ ½ cup chopped celery
- ☐ avocado, *optional*

- ☐ cilantro, *optional*
- ☐ 1 cup grapes

CANNED/DRY GOODS

- ☐ 16-oz. jar Russian or creamy French salad dressing
- ☐ 12-oz. jar apricot preserves
- ☐ 1 cup canned crushed pineapple
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 10¾-oz. can cream of celery soup
- ☐ 8-oz. can sliced mushrooms
- ☐ 2-oz. can sliced mushrooms
- ☐ 12-oz. can tomato paste
- ☐ ½ cup canned corn, or frozen
- ☐ 1 envelope dry onion soup mix
- ☐ ½ lb. lasagna noodles
- ☐ ½ cup raw long-grain rice
- ☐ 4 sub rolls
- ☐ 2 cups cooked pinto beans
- ☐ 1 cup salsa
- ☐ 4 small flour tortillas
- ☐ 12-oz. bag kluski, or other sturdy noodles
- ☐ 1 cup Spanish peanuts
- ☐ 1 cup small pearl tapioca

DO YOU HAVE THESE ON HAND?

- ☐ dried basil
- ☐ dried oregano
- ☐ salt
- ☐ pepper
- ☐ dried dill weed
- ☐ 2 bay leaves
- ☐ 4 cloves garlic
- ☐ 4 tsp. instant beef bouillon granules
- ☐ 1 Tbsp. dry onion soup mix
- ☐ ¼ cup chopped pimentos
- ☐ cornstarch
- ☐ 1½ cups sugar plus 2 Tbsp. sugar
- ☐ vanilla extract
- ☐ 2 Tbsp. mayonnaise

Week 12

PROTEIN

- ☐ 2 lbs. ground beef
- ☐ 4–5 lb. flank steak
- ☐ 2 lbs. 99% fat-free ground turkey

FROZEN

- ☐ ½ cup frozen corn
- ☐ 3 cups frozen hash brown potatoes
- ☐ 1-lb. pkg. frozen California blend vegetables
- ☐ vanilla ice cream, or whipped cream

DAIRY and REFRIGERATED

- ☐ crumbled queso fresco
- ☐ 2 cups shredded cheddar cheese
- ☐ ¾ lb. cubed cheese of your choice
- ☐ ½ lb. fresh mozzarella
- ☐ 6 eggs
- ☐ 1 cup milk
- ☐ 2 Tbsp. butter

PRODUCE

- ☐ 2 large onions
- ☐ 3 medium onions
- ☐ ½ cup chopped onion
- ☐ 4–6 green onions (scallions)
- ☐ ½ cup chopped green bell pepper
- ☐ 1 green bell pepper
- ☐ 1 red bell pepper
- ☐ 2 avocados
- ☐ chopped fresh cilantro
- ☐ 1¾ cups fresh basil
- ☐ ¼ cup fresh parsley
- ☐ 1 medium eggplant
- ☐ 2 cups mushrooms
- ☐ 4 tomatoes
- ☐ 2 cups halved grape tomatoes
- ☐ 6 ears corn
- ☐ 1 orange

- ☐ 4 limes
- ☐ 3 peaches

CANNED/DRY GOODS

- ☐ 2 14½-oz. cans diced tomatoes
- ☐ 1 cup low-sodium tomato puree
- ☐ 10¾-oz. can cream of chicken soup
- ☐ ¼ cup evaporated milk
- ☐ 1 can pinto beans
- ☐ 2 1-lb. cans cranberry sauce
- ☐ 2 14-oz. bottles ketchup
- ☐ rice
- ☐ 2 cups uncooked instant rice
- ☐ 12 oz. macaroni
- ☐ 12–14 white corn tortillas

DO YOU HAVE THESE ON HAND?

- ☐ ground cumin
- ☐ chili powder
- ☐ salt
- ☐ sea salt
- ☐ pepper
- ☐ garlic powder
- ☐ dried thyme
- ☐ dried oregano
- ☐ cinnamon
- ☐ 12 cloves garlic
- ☐ 5 cups beef stock
- ☐ 1 cup beef broth
- ☐ extra-virgin olive oil
- ☐ olive oil
- ☐ red wine vinegar
- ☐ white vinegar
- ☐ vanilla extract
- ☐ Worcestershire sauce
- ☐ ⅓ cup sugar
- ☐ ¾ cup or so brown sugar
- ☐ 1 Tbsp. lemon juice
- ☐ ¾ cup biscuit baking mix

SPIRITS

- ☐ ¼ cup dry red wine, or wine vinegar

SHOPPING LIST - SUMMER

Week 13

PROTEIN

- ☐ 4 salmon filets
- ☐ 6-lb. whole roaster chicken
- ☐ 3½ lbs. boneless, center loin pork chops
- ☐ 2 slices bacon, browned and crumbled

DAIRY and REFRIGERATED

- ☐ 3 eggs
- ☐ 1 cup grated cheese of your choice
- ☐ 1½ cups mozzarella cheese
- ☐ ½ cup fat-free cheddar cheese
- ☐ 2 Tbsp. shredded Parmesan cheese
- ☐ ¼ cup skim milk

PRODUCE

- ☐ 1 large onion
- ☐ 1 cup chopped onions
- ☐ ½ cup chopped celery
- ☐ ½ cup chopped cucumber
- ☐ 2 medium tomatoes
- ☐ 2–4 sprigs thyme, or dried
- ☐ fresh sprigs parsley, *optional*
- ☐ 2 lemons
- ☐ lemon slices, *optional*
- ☐ 2 cups raspberries, or frozen
- ☐ 2 cups blueberries, or frozen
- ☐ ½ cup chopped grapes

CANNED/DRY GOODS

- ☐ 4-oz. can mushrooms
- ☐ 2 10-oz. cans green enchilada sauce
- ☐ 2 1-lb. cans pork and beans
- ☐ 15-oz. can no-salt-added black beans
- ☐ 15-oz. can Mexican stewed tomatoes
- ☐ 4-oz. can chopped green chilies
- ☐ 6-oz. can no-salt-added tomato sauce
- ☐ 2¼-oz. can sliced black olives

- ☐ 1½ cups cooked garbanzo beans
- ☐ ½ cup salsa
- ☐ 1½ cups bread crumbs
- ☐ 8 large tortillas
- ☐ 1 oz. (12 chips) tortilla chips
- ☐ ¾ cups dry couscous

DO YOU HAVE THESE ON HAND?

- ☐ ground ginger
- ☐ pepper
- ☐ dried minced onion
- ☐ bay leaf
- ☐ dried thyme
- ☐ salt
- ☐ minced garlic
- ☐ dried oregano
- ☐ dried basil
- ☐ coriander
- ☐ onion powder
- ☐ dried parsley
- ☐ cinnamon
- ☐ 1½ tsp. reduced-sodium bouillon granules of your choice
- ☐ olive oil
- ☐ canola oil
- ☐ ½ or lemon juice, or vinegar
- ☐ ¼ cup plus 2 Tbsp. no-salt-added ketchup
- ☐ prepared mustard
- ☐ prepared mustard with white wine
- ☐ Dijon mustard
- ☐ Worcestershire sauce
- ☐ 4 Tbsp. teriyaki sauce
- ☐ 4 Tbsp. hoisin sauce
- ☐ low-sodium soy sauce
- ☐ 1 Tbsp. lemon juice
- ☐ brown sugar
- ☐ sugar
- ☐ baking powder
- ☐ 1¼ cups all-purpose flour