

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*