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