

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*