SHOPPING LIST - SUMMER

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 tomtaoes, 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*