

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