SHOPPING LIST - SUMMER

Week 7

PROTEIN

- ☐ 1½ lbs. frozen firm-textured fish filets
- ☐ 10 boneless skinless chicken thighs
- ☐ 10–12 boneless pork chops
- ☐ 2 slices bacon

FROZEN

- ☐ 2 cups frozen green beans, or fresh

DAIRY and REFRIGERATED

- ☐ 4 Tbsp. butter
- ☐ ½ cup grated mild cheddar cheese
- ☐ ⅔ cup plain yogurt
- ☐ ½ cup milk

PRODUCE

- ☐ 2 medium onions
- ☐ 2 medium sweet potatoes
- ☐ 4 medium potatoes
- ☐ 1 head lettuce
- ☐ 1 cup shredded Brussels sprouts
- ☐ ½ cup shredded carrots
- ☐ 1½ cups broccoli, or frozen
- ☐ 8 large carrots
- ☐ 2 lemons

CANNED/DRY GOODS

- ☐ 8-oz. jar orange marmalade
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 1 cup chow mein noodles
- ☐ 8-oz. pkg. noodles or spaghetti
- ☐ hamburger buns
- ☐ canned sliced jalapeños, *optional*
- ☐ 1 cup raisins

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ bay leaf
- ☐ ginger
- ☐ garam masala
- ☐ garlic powder
- ☐ onion powder
- ☐ dry mustard
- ☐ 4 whole peppercorns
- ☐ grapeseed oil
- ☐ rice wine vinegar
- ☐ apple cider vinegar
- ☐ low-sodium soy sauce
- ☐ unsweetened cocoa powder
- ☐ baking powder
- ☐ ½ cup flour
- ☐ brown sugar
- ☐ ½ cup sugar
- ☐ vanilla extract
- ☐ honey
- ☐ Worcestershire sauce
- ☐ hot sauce
- ☐ ¼ cup peanut butter, smooth or chunky
- ☐ 1¼ cups ketchup
- ☐ ½ cup slivered almonds
- ☐ 1 Tbsp. lemon juice
- ☐ 4 Tbsp. mayonnaise