SHOPPING LIST - SUMMER

Week 8

PROTEIN

- ☐ 2 lbs. ground turkey
- ☐ 8 boneless, skinless chicken thighs
- ☐ 3-lb. boneless beef chuck roast
- ☐ 1 pkg. vegetarian hot dogs

FROZEN

- ☐ 3½ cups full-fat vanilla ice cream

DAIRY and REFRIGERATED

- ☐ 12 oz. shredded cheddar cheese
- ☐ 7–8 oz. crumbled feta cheese
- ☐ 10 slices provolone cheese
- ☐ 4 deli slices mozzarella cheese
- ☐ ¼ cup plain Greek yogurt
- ☐ ½ cup cream
- ☐ 2 eggs plus 3 egg yolks
- ☐ 16½-oz. roll refrigerator ready-to-bake chocolate chip cookie dough

PRODUCE

- ☐ 2 medium onions
- ☐ 1 large onion
- ☐ 1½ cups sliced onions
- ☐ ¼ cup chopped onion
- ☐ onion, sliced into rings, *optional*
- ☐ 1-lb. head of cabbage
- ☐ 1 red or green bell pepper
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ ¼ cup diced carrots
- ☐ ¼ cup diced celery
- ☐ 12 basil leaves
- ☐ 1 cup baby arugula
- ☐ 1 beefsteak tomato
- ☐ 4 medium plum tomatoes
- ☐ lettuce, *optional*
- ☐ tomatoes, sliced, *optional*

CANNED/DRY GOODS

- ☐ 14-oz. can diced tomatoes
- ☐ 16-oz. can tomato sauce
- ☐ 19-oz. can tomato-basil soup
- ☐ 15-oz. can garbanzo beans
- ☐ 6-oz. can pitted black olives
- ☐ 1 cup dry pasta
- ☐ 1 lb. dry lentils
- ☐ 2 cups barbecue sauce
- ☐ ¾ cup long-grain brown rice
- ☐ ⅔ cup uncooked brown rice
- ☐ 10½–inch-thick slices Italian bread
- ☐ 4 hoagie rolls
- ☐ pickles, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ onion powder
- ☐ salt
- ☐ pepper
- ☐ dried oregano
- ☐ dried basil
- ☐ cayenne pepper
- ☐ 2 cloves garlic
- ☐ 6 cups chicken broth
- ☐ cornstarch
- ☐ brown sugar
- ☐ Worcestershire sauce
- ☐ honey
- ☐ olive oil
- ☐ ½ cup balsamic vinegar
- ☐ ¼ cup mayonnaise
- ☐ ½ cup plus 2 Tbsp. lemon juice