

## SHOPPING LIST - SUMMER

# Week 9

### PROTEIN

- ☐ 5–6 lbs. chicken drumsticks
- ☐ 6 lbs. boneless pork spareribs
- ☐ 4 hot dogs, *optional*
- ☐ 10 fresh bratwurst

### FROZEN

- ☐ 1 cup frozen corn

### DAIRY and REFRIGERATED

- ☐ ¼ lb. white, or yellow, American cheese
- ☐ 1 cup shredded pepper jack cheese
- ☐ 3 cups shredded cheese: cheddar, or American, or Velveeta, or a combination
- ☐ 2 8-oz. pkg. cream cheese
- ☐ 2¾ cups milk
- ☐ 7–9 Tbsp. butter
- ☐ 8 oz. sour cream
- ☐ 1 egg

### PRODUCE

- ☐ ½ cup chopped green bell pepper
- ☐ ¼ cup diced celery
- ☐ 1 small onion
- ☐ 2 Tbsp. finely chopped onion
- ☐ 10 medium red potatoes

### CANNED/DRY GOODS

- ☐ 8-oz. can tomato sauce
- ☐ 10¾-oz. can cream of mushroom soup, or cream of celery soup
- ☐ 15-oz. can spiced cling peaches
- ☐ 15-oz. can black beans
- ☐ 14½-oz. can diced tomatoes with green chilies

- ☐ 28-oz. can crushed tomatoes
- ☐ 12-oz. can tomato paste
- ☐ 12-oz. can tomato puree
- ☐ 13-oz. can evaporated milk
- ☐ 1 qt. sliced peaches in juice
- ☐ 16 oz. spaghetti
- ☐ 8-oz. pkg. dry macaroni
- ☐ 3-oz. box vanilla instant pudding

### DO YOU HAVE THESE ON HAND?

- ☐ pepper
- ☐ salt
- ☐ ground cumin
- ☐ paprika
- ☐ chili powder
- ☐ ground cinnamon
- ☐ garlic powder
- ☐ dried oregano
- ☐ parsley flakes, or fresh
- ☐ garlic salt
- ☐ 4–5 cloves garlic
- ☐ minced garlic
- ☐ ½ cup chicken broth
- ☐ olive oil
- ☐ oil
- ☐ baking powder
- ☐ sugar
- ☐ brown sugar
- ☐ cornstarch
- ☐ ¾ cup all-purpose flour
- ☐ ¼ cup white vinegar
- ☐ ½ cup plus 2 Tbsp. soy sauce
- ☐ ¼ cup ketchup
- ☐ 3 cups mashed potatoes

### SPIRITS

- ☐ 12-oz. can beer