

Week 10

PROTEIN

- ☐ 4 lbs. ground beef
- ☐ 3-lb. chuck roast, or round steak
- ☐ 10 boneless, skinless chicken breast halves

DAIRY and REFRIGERATED

- ☐ 3 eggs
- ☐ 1 cup sour cream
- ☐ 2 cups shredded cheese, your choice of flavor
- ☐ ½ cup grated low-fat cheddar cheese
- ☐ 1 pint buffalo mozzarella cheese balls, or ¼–½ lb. buffalo mozzarella cheese, sliced
- ☐ ½ cup milk

PRODUCE

- ☐ 2 medium onions
- ☐ 1 small onion
- ☐ 2½ cups chopped onions
- ☐ 4 ribs celery
- ☐ ¼ cup chopped celery
- ☐ ½ cup sliced celery
- ☐ 2 carrots
- ☐ 1 jalapeño pepper
- ☐ 2 large tomatoes
- ☐ ½ cup basil leaves
- ☐ 2 lemons
- ☐ fresh herbs, *optional*

CANNED/DRY GOODS

- ☐ 8-oz. can mild green chilies
- ☐ 4-oz. can chopped mild green chilies
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 10¾-oz. can 98% fat-free cream of mushroom soup
- ☐ 1 can water chestnuts
- ☐ ½ cup black olives
- ☐ 2 cups tomato juice
- ☐ 1 cup Italian bread crumbs

- ☐ 1 cup fettuccine
- ☐ potato chips
- ☐ 5 6-inch flour tortillas
- ☐ 8 sandwich rolls
- ☐ hamburger buns

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ Italian seasoning
- ☐ dry mustard
- ☐ chili powder
- ☐ bay leaves
- ☐ paprika
- ☐ garlic powder
- ☐ dried parsley
- ☐ dried basil
- ☐ dried oregano
- ☐ crushed red pepper flakes
- ☐ 21 cloves garlic
- ☐ minced garlic
- ☐ 2 cups reduced-sodium, 98% fat-free beef broth
- ☐ 5 cups beef stock
- ☐ 6 oz. chicken broth
- ☐ canola oil
- ☐ olive oil
- ☐ red wine vinegar
- ☐ vinegar of your choice
- ☐ Worcestershire sauce
- ☐ ketchup
- ☐ Tabasco sauce
- ☐ 3 Tbsp. brown sugar
- ☐ 1 cup sugar
- ☐ 1 cup dry all-purpose baking mix
- ☐ unsweetened cocoa powder
- ☐ vanilla extract
- ☐ 1 cup mayonnaise

SPIRITS

- ☐ ½ cup dry white wine
- ☐ 1 cup red wine