SHOPPING LIST - SUMMER

Week 11

PROTEIN

- ☐ 6 boneless, skinless chicken breast halves
- ☐ 4 sub-roll length sausages
- ☐ 1½ lbs. ground beef
- ☐ 8 oz. thinly sliced pepperoni
- ☐ ¼–½ cup fried and crumbled, bacon

FROZEN

- ☐ 10-oz. bag frozen peas
- ☐ 1 cup frozen whipped topping, or fresh whipped cream

DAIRY and REFRIGERATED

- ☐ 12 oz. creamed cottage cheese
- ☐ 2 cups shredded cheddar cheese
- ☐ ½ cup grated Parmesan cheese
- ☐ 3–4 cups shredded mozzarella cheese
- ☐ ½ cup shredded Monterey Jack or cheddar cheese
- ☐ 3 Tbsp. butter
- ☐ 8⅓ cups milk
- ☐ ½ cup sour cream
- ☐ 4 eggs
- ☐ 1 cup whipped cream, or frozen whipped topping

PRODUCE

- ☐ 2½ cups chopped onion
- ☐ ¼ cup chopped onion or green onions
- ☐ ½ cup chopped green bell pepper
- ☐ ¼ lb. fresh mushrooms, or 4 oz. canned
- ☐ 4 lbs. fresh tomatoes, or 28 oz. canned
- ☐ 1 cup cherry tomatoes for garnish, *optional*
- ☐ ½ cup chopped celery
- ☐ avocado, *optional*
- ☐ cilantro, *optional*
- ☐ 1 cup grapes

CANNED/DRY GOODS

- ☐ 16-oz. jar Russian or creamy French salad dressing
- ☐ 12-oz. jar apricot preserves
- ☐ 1 cup canned crushed pineapple
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 10¾-oz. can cream of celery soup
- ☐ 8-oz. can sliced mushrooms
- ☐ 2-oz. can sliced mushrooms
- ☐ 12-oz. can tomato paste
- ☐ ½ cup canned corn, or frozen
- ☐ 1 envelope dry onion soup mix
- ☐ ½ lb. lasagna noodles
- ☐ ½ cup raw long-grain rice
- ☐ 4 sub rolls
- ☐ 2 cups cooked pinto beans
- ☐ 1 cup salsa
- ☐ 4 small flour tortillas
- ☐ 12-oz. bag kluski, or other sturdy noodles
- ☐ 1 cup Spanish peanuts
- ☐ 1 cup small pearl tapioca

DO YOU HAVE THESE ON HAND?

- ☐ dried basil
- ☐ dried oregano
- ☐ salt
- ☐ pepper
- ☐ dried dill weed
- ☐ 2 bay leaves
- ☐ 4 cloves garlic
- ☐ 4 tsp. instant beef bouillon granules
- ☐ 1 Tbsp. dry onion soup mix
- ☐ ¼ cup chopped pimentos
- ☐ cornstarch
- ☐ 1½ cups sugar plus 2 Tbsp. sugar
- ☐ vanilla extract
- ☐ 2 Tbsp. mayonnaise