

Week 12

PROTEIN

- ☐ 2 lbs. ground beef
- ☐ 4–5 lb. flank steak
- ☐ 2 lbs. 99% fat-free ground turkey

FROZEN

- ☐ ½ cup frozen corn
- ☐ 3 cups frozen hash brown potatoes
- ☐ 1-lb. pkg. frozen California blend vegetables
- ☐ vanilla ice cream, or whipped cream

DAIRY and REFRIGERATED

- ☐ crumbled queso fresco
- ☐ 2 cups shredded cheddar cheese
- ☐ ¾ lb. cubed cheese of your choice
- ☐ ½ lb. fresh mozzarella
- ☐ 6 eggs
- ☐ 1 cup milk
- ☐ 2 Tbsp. butter

PRODUCE

- ☐ 2 large onions
- ☐ 3 medium onions
- ☐ ½ cup chopped onion
- ☐ 4–6 green onions (scallions)
- ☐ ½ cup chopped green bell pepper
- ☐ 1 green bell pepper
- ☐ 1 red bell pepper
- ☐ 2 avocados
- ☐ chopped fresh cilantro
- ☐ 1¾ cups fresh basil
- ☐ ¼ cup fresh parsley
- ☐ 1 medium eggplant
- ☐ 2 cups mushrooms
- ☐ 4 tomatoes
- ☐ 2 cups halved grape tomatoes
- ☐ 6 ears corn
- ☐ 1 orange

- ☐ 4 limes
- ☐ 3 peaches

CANNED/DRY GOODS

- ☐ 2 14½-oz. cans diced tomatoes
- ☐ 1 cup low-sodium tomato puree
- ☐ 10¾-oz. can cream of chicken soup
- ☐ ¼ cup evaporated milk
- ☐ 1 can pinto beans
- ☐ 2 1-lb. cans cranberry sauce
- ☐ 2 14-oz. bottles ketchup
- ☐ rice
- ☐ 2 cups uncooked instant rice
- ☐ 12 oz. macaroni
- ☐ 12–14 white corn tortillas

DO YOU HAVE THESE ON HAND?

- ☐ ground cumin
- ☐ chili powder
- ☐ salt
- ☐ sea salt
- ☐ pepper
- ☐ garlic powder
- ☐ dried thyme
- ☐ dried oregano
- ☐ cinnamon
- ☐ 12 cloves garlic
- ☐ 5 cups beef stock
- ☐ 1 cup beef broth
- ☐ extra-virgin olive oil
- ☐ olive oil
- ☐ red wine vinegar
- ☐ white vinegar
- ☐ vanilla extract
- ☐ Worcestershire sauce
- ☐ ⅓ cup sugar
- ☐ ¾ cup or so brown sugar
- ☐ 1 Tbsp. lemon juice
- ☐ ¾ cup biscuit baking mix

SPIRITS

- ☐ ¼ cup dry red wine, or wine vinegar