

SHOPPING LIST - WINTER

Week 1

PROTEIN

- ☐ 8–10-lb. boneless ham, fully cooked
- ☐ 3–4-lb. boneless beef chuck roast
- ☐ 4–5-lb. boneless, skinless turkey breast

DAIRY and REFRIGERATED

- ☐ ¼ cup apple juice
- ☐ 1½ cups orange juice
- ☐ 1½ sticks butter
- ☐ 5 cups plus 6 Tbsp. milk
- ☐ 1 egg
- ☐ ¼ cup half-and-half
- ☐ ¼ cup grated Romano cheese
- ☐ ¼ cup grated Parmesan cheese
- ☐ ½ cup shredded provolone cheese
- ☐ 1 cup shredded Swiss cheese
- ☐ sliced cheese of your choice, optional
- ☐ shredded cheese of your choice
- ☐ sour cream

PRODUCE

- ☐ 3 small onions
- ☐ 1 large onion
- ☐ 4 cups shredded cabbage
- ☐ 5–6 carrots
- ☐ 1 cup sliced mushrooms
- ☐ 1 rib celery
- ☐ 3 cups sliced zucchini
- ☐ 2 Tbsp. chopped fresh parsley
- ☐ 3 Tbsp. fresh basil, or dried
- ☐ 3 Tbsp. fresh oregano, or dried
- ☐ 3 tomatoes
- ☐ 6 medium potatoes
- ☐ baking potatoes (enough for your family)
- ☐ 4–5 apples

CANNED/DRY GOODS

- ☐ 4-oz. can sliced mushrooms
- ☐ 4-oz. jar sliced pimento
- ☐ ⅓ cup seedless raspberry jam
- ☐ 2 envelopes dry onion soup mix
- ☐ 1 cup buttermilk biscuit mix
- ☐ ¾ cup dry stuffing mix
- ☐ 1½ cups soft bread crumbs
- ☐ ½ cup chopped dates
- ☐ ½ cup toasted, chopped pecans
- ☐ sandwich rolls

DO YOU HAVE THESE ON HAND?

- ☐ ground cinnamon
- ☐ salt
- ☐ pepper
- ☐ caraway seeds
- ☐ Italian seasoning
- ☐ dried rosemary
- ☐ dry mustard
- ☐ dried basil
- ☐ dried oregano
- ☐ 4 cloves garlic
- ☐ cornstarch
- ☐ sugar
- ☐ flour
- ☐ baking powder
- ☐ lemon juice
- ☐ Worcestershire sauce
- ☐ 1 Tbsp. chicken bouillon granules
- ☐ ⅔ cup beef broth

SHOPPING LIST - WINTER

Week 2

PROTEIN

- ☐ 4-4½-lb. boneless beef chuck roast
- ☐ 6 lbs. chicken breasts, thighs, and/or legs
- ☐ 1 lb. pork, or turkey, sausage
- ☐ 3-4-lb. boneless rolled pork loin roast

FROZEN

- ☐ 1-lb. bag frozen peas with onions
- ☐ 1-lb. bag frozen green beans

DAIRY and REFRIGERATED

- ☐ 1 cup fat-free milk
- ☐ 3 large eggs
- ☐ 4 cups grated fat-free sharp cheddar cheese
- ☐ ¼ cup grated fat-free Parmesan cheese
- ☐ 1 cup Colby cheese, shredded

PRODUCE

- ☐ 1½ carrots
- ☐ 3 cups sliced carrots
- ☐ 1 small onion
- ☐ 1 medium onion
- ☐ 3 cups sliced onions
- ☐ 4 ribs celery
- ☐ 1 cup sliced celery
- ☐ 1 large sweet green bell pepper
- ☐ 2 medium sweet potatoes
- ☐ 2 apples

CANNED/DRY GOODS

- ☐ 8-oz. can whole, or stewed, tomatoes
- ☐ 16-oz. can whole berry cranberry sauce
- ☐ 14-oz. can whole berry cranberry sauce
- ☐ 13-oz. can evaporated milk
- ☐ 3 Tbsp. evaporated milk
- ☐ 15-oz. can sauerkraut

- ☐ 6 14-oz. cans green beans
- ☐ 2 10¾-oz. cans cream of mushroom soup
- ☐ 3-oz. can french-fried onions
- ☐ 16-oz. can cherry pie filling (light or regular)
- ☐ 2-oz. jar pimentos
- ☐ instant tapioca
- ☐ ¼ cup bread crumbs
- ☐ 1 cup uncooked rice
- ☐ ¼ cup spicy sweet Catalina dressing
- ☐ 2 Tbsp. dry onion soup mix
- ☐ 2-oz. pkg. dry noodle-soup mix
- ☐ ½ cup sliced almonds
- ☐ ½ cup chopped walnuts
- ☐ 8-oz. pkg. elbow macaroni
- ☐ 1 pkg. cake mix for 1 layer white or yellow cake
- ☐ ¾ cup cranberry juice

DO YOU HAVE THESE ON HAND?

- ☐ seasoned salt
- ☐ ground cinnamon
- ☐ white pepper
- ☐ black pepper
- ☐ salt
- ☐ bay leaves
- ☐ ground cloves
- ☐ dry mustard
- ☐ oil of your choice
- ☐ canola oil
- ☐ 2 large kosher dill pickles
- ☐ ¼ cup beef broth
- ☐ 4 cups chicken broth
- ☐ German-style mustard
- ☐ flour
- ☐ brown sugar
- ☐ sugar
- ☐ cornstarch

SPIRITS

- ☐ ½ cup red wine, or beef broth
- ☐ ¼ cup white wine

SHOPPING LIST - WINTER

Week 3

PROTEIN

- ☐ 3-lb. round steak
- ☐ 3 lbs. boneless, skinless chicken breasts
- ☐ 5 lbs. meaty beef short ribs on bone

FROZEN

- ☐ 1 lb. frozen vegetable of your choice
- ☐ 16-oz. bag frozen broccoli
- ☐ 1½ cups frozen whole kernel corn

DAIRY and REFRIGERATED

- ☐ 6 oz. fat-free cream cheese
- ☐ 1 Tbsp. butter
- ☐ 1½ cups milk
- ☐ 1 cup fat-free, cholesterol-free egg product
- ☐ 1 cup grated, fat-free cheddar cheese
- ☐ shredded cheese of your choice, for garnish
- ☐ sour cream, for garnish

PRODUCE

- ☐ 1 large onion
- ☐ 5 medium onions
- ☐ ½ cup chopped onions
- ☐ 1 small onion or 4 scallions
- ☐ 6 medium tomatoes
- ☐ ½ cup chopped celery
- ☐ 2 cups thinly sliced cabbage
- ☐ 3 large potatoes
- ☐ 4 cups peeled and diced potatoes
- ☐ 1 cup sliced carrots
- ☐ chopped fresh parsley, for garnish

CANNED/DRY GOODS

- ☐ 4-oz. can sliced mushrooms
- ☐ 2 4½-oz. jars sliced mushrooms
- ☐ 10¾-oz. can 98% fat-free, reduced-sodium cream of mushroom soup

- ☐ 10¾-oz. can 98% fat-free, reduced-sodium cream of chicken soup
- ☐ 28-oz. can crushed tomatoes
- ☐ 15-oz. can crushed tomatoes
- ☐ 15-oz. can kidney beans
- ☐ 16-oz. can fat-free sweetened condensed milk
- ☐ low-fat buttermilk biscuit mix
- ☐ 1 cup long-grain rice
- ☐ noodles
- ☐ 10 slices cinnamon raisin bread
- ☐ 1 cup raisins

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ paprika
- ☐ garlic powder
- ☐ onion salt
- ☐ chili powder
- ☐ dried basil
- ☐ dried dill weed
- ☐ dried rosemary
- ☐ ground cinnamon
- ☐ 3 cups vegetable broth
- ☐ ½ cup beef broth
- ☐ 24 oz. fat-free low-sodium chicken broth
- ☐ 2 tsp. sodium-free beef bouillon granules
- ☐ 2 tsp. low-sodium chicken bouillon granules
- ☐ 4 cloves garlic
- ☐ vegetable oil
- ☐ flour
- ☐ sugar
- ☐ vanilla extract
- ☐ 1 tsp. tomato paste
- ☐ Worcestershire sauce

SPIRITS

- ☐ 2 cups Chianti wine

SHOPPING LIST - WINTER

Week 4

PROTEIN

- ☐ 3-lb. boneless pot roast
- ☐ 6–8 lbs. chicken pieces
- ☐ 2 lbs. reduced-fat turkey kielbasa

FROZEN

- ☐ 16-oz. bag frozen broccoli

DAIRY and REFRIGERATED

- ☐ 1 cup grated cheddar cheese
- ☐ 7 Tbsp. butter

PRODUCE

- ☐ 4 medium potatoes
- ☐ 3 large potatoes
- ☐ 7 medium onions
- ☐ 1 large onion
- ☐ 4 scallions
- ☐ 7–8 carrots
- ☐ 3 cups sliced carrots
- ☐ 7–8 ribs of celery
- ☐ 2 cups green beans
- ☐ 1 lb. mushrooms
- ☐ 1½ lb. fresh sauerkraut, or canned
- ☐ fresh parsley, as desired
- ☐ fresh basil, as desired

CANNED/DRY GOODS

- ☐ 2 14-oz. cans low-sodium stewed tomatoes
- ☐ 2 12-oz. cans evaporated milk
- ☐ 10¾-oz. can low-sodium tomato soup
- ☐ 10¾-oz. can cream of chicken soup
- ☐ 10-oz. can tomatoes with green chili peppers
- ☐ 16-oz. can lima or butter beans

- ☐ 16-oz. can red kidney beans
- ☐ 16-oz. can garbanzo beans
- ☐ 2 Tbsp. instant tapioca
- ☐ ½ lb. dry barley
- ☐ 1 cup long-grain rice
- ☐ 1⅓ cups white rice

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ black pepper
- ☐ dried basil
- ☐ garlic powder
- ☐ onion salt
- ☐ dry mustard
- ☐ cocoa powder
- ☐ 2 cloves garlic
- ☐ vanilla extract
- ☐ flour
- ☐ sugar
- ☐ 1 cup chicken broth, water, or white cooking wine
- ☐ chicken bouillon granules
- ☐ ¼ cup honey
- ☐ lemon juice
- ☐ prepared mustard
- ☐ chili sauce
- ☐ Worcestershire sauce
- ☐ apple cider vinegar

SHOPPING LIST - WINTER

Week 5

PROTEIN

- ☐ 4 lbs. boneless, skinless chicken thighs
- ☐ 3-lb. round steak
- ☐ 4–5 lb. pork loin

FROZEN

- ☐ 2 10-oz. bags frozen broccoli florets
- ☐ 16-oz. pkg. frozen baby carrots

DAIRY and REFRIGERATED

- ☐ ¾ cup plain Greek yogurt
- ☐ ½ cup cream
- ☐ 2 cups whole milk
- ☐ 3½ cups 2% milk
- ☐ 3 eggs
- ☐ ½ cup sour cream
- ☐ 3 cups three different cheeses, such as Jarlsberg, Gruyère, and sharp cheddar
- ☐ 6–8 Swiss cheese slices
- ☐ ½ lb. cheese of your choice, shredded
- ☐ 2¼ cups apple cider

PRODUCE

- ☐ ½ cup very finely diced white onion
- ☐ 2 medium onions
- ☐ ¾ cup chopped onion
- ☐ fresh ginger
- ☐ 1 green or red bell pepper
- ☐ 1 cups sliced carrots
- ☐ ½ cup chopped carrots
- ☐ 1 cups sliced celery
- ☐ 1 cup chopped celery
- ☐ 1 sweet potato
- ☐ 3 cups chopped potatoes
- ☐ ¾ tsp. chopped fresh oregano, or dried
- ☐ 1 Tbsp. fresh rosemary leaves, or dried

CANNED/DRY GOODS

- ☐ 29-oz. can pureed tomatoes
- ☐ 14-oz. can coconut milk
- ☐ 15-oz. can garbanzo beans
- ☐ 8-oz. can mushrooms, stems, and pieces
- ☐ ⅓ cup French dressing
- ☐ ¼ cup apple jelly
- ☐ bread or rolls, of your choice
- ☐ horseradish sauce

DO YOU HAVE THESE ON HAND?

- ☐ ground cumin
- ☐ paprika
- ☐ cinnamon stick
- ☐ salt
- ☐ cayenne pepper
- ☐ bay leaves
- ☐ curry powder
- ☐ ground coriander
- ☐ garam masala
- ☐ black pepper
- ☐ kosher salt
- ☐ ground nutmeg
- ☐ onion salt
- ☐ dried parsley
- ☐ ground cinnamon
- ☐ 4 cups chicken or vegetable broth
- ☐ 2 chicken or vegetable bouillon cubes
- ☐ flour
- ☐ Dijon mustard
- ☐ sugar
- ☐ vanilla extract
- ☐ Worcestershire sauce
- ☐ 8 cloves garlic
- ☐ olive oil
- ☐ cornstarch
- ☐ Tabasco sauce
- ☐ 1 Tbsp. tomato paste or ketchup

Week 6

PROTEIN

- ☐ 2½ lbs. ground beef
- ☐ 4-lb. whole chicken
- ☐ 6–7½-inch-thick pork chops
- ☐ 4 slices bacon

FROZEN

- ☐ 3 cups frozen corn
- ☐ 2 10-oz. pkgs. frozen cauliflower

DAIRY and REFRIGERATED

- ☐ 1 cup milk
- ☐ ½ cup fat-free half-and-half
- ☐ 4 Tbsp. light, soft tub margarine
- ☐ 2½ cups Havarti cheese
- ☐ ⅓ cup grated Parmesan cheese
- ☐ 1½ cups shredded Mexican-blend cheese
- ☐ 6 Tbsp. sour cream

PRODUCE

- ☐ 1¾ cups chopped onion
- ☐ 3 medium onions
- ☐ 1 small onion
- ☐ 7 green onions
- ☐ 11 potatoes
- ☐ 1-lb. bag baby carrots
- ☐ 2 medium carrots
- ☐ ¾ cup chopped green chilies
- ☐ ¼ cup finely chopped fresh basil
- ☐ 2 ribs celery
- ☐ 1 large green bell pepper
- ☐ fresh ginger
- ☐ 1 cup sliced mushrooms
- ☐ 1 cup bean sprouts
- ☐ 2 cups whole cranberries

CANNED/DRY GOODS

- ☐ 1 cup canned tomato soup
- ☐ 14½-oz. can green beans

- ☐ 3 28-oz. cans Italian plum tomatoes
- ☐ 14½-oz. can stewed tomatoes
- ☐ 15-oz. can black beans
- ☐ 14½-oz. can diced tomatoes with basil, oregano, and garlic
- ☐ 2 14½-oz. cans chicken broth
- ☐ 4-oz. can chopped green chilies
- ☐ 8-oz. jar cheese sauce
- ☐ 1 lb. uncooked penne or rigatoni
- ☐ ⅓ cup sliced, pitted, brine-cured olives (such as Kalamata)
- ☐ 4 6-inch corn tortillas
- ☐ minced garlic

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ garlic powder, *optional*
- ☐ red pepper flakes
- ☐ dried oregano
- ☐ ground cumin
- ☐ ¾ cups chicken broth
- ☐ 2 beef bouillon cubes
- ☐ sodium-free chicken bouillon granules
- ☐ flour
- ☐ baking soda
- ☐ cornstarch
- ☐ vanilla extract
- ☐ confectioners' sugar
- ☐ brown sugar
- ☐ dark molasses
- ☐ 2 cloves garlic
- ☐ light soy sauce
- ☐ Worcestershire sauce
- ☐ lemon juice
- ☐ olive oil
- ☐ apple cider vinegar
- ☐ ketchup
- ☐ ½ cup chopped walnuts

SPIRITS

- ☐ ¼ cup white wine

SHOPPING LIST - WINTER

Week 7

PROTEIN

- ☐ 6-lb. whole chicken
- ☐ 6-lb. boneless pork butt roast
- ☐ 3–4 lbs. ham steaks

FROZEN

- ☐ 10-oz. pkg. frozen whole-kernel corn
- ☐ 1 cup frozen peas
- ☐ 8 cups frozen corn

DAIRY and REFRIGERATED

- ☐ 2½ sticks butter
- ☐ 6 eggs
- ☐ 1 cup shredded cheese of your choice
- ☐ ¼ lb. your favorite creamy cheese
- ☐ 12 oz. sour cream
- ☐ 4¼ cups 2% or whole milk
- ☐ ¾ cup shredded cheddar cheese

PRODUCE

- ☐ 1 medium onion
- ☐ 1 small onion
- ☐ ½ cup chopped onion
- ☐ 3 limes
- ☐ 1 cup fresh chopped cilantro
- ☐ 2 tomatoes
- ☐ lettuce
- ☐ jalapeño peppers
- ☐ ¼ cup chopped bell pepper
- ☐ 2 cups diced potatoes
- ☐ 3 cups chopped mixed vegetables, or 1-lb. pkg. frozen mixed vegetables

CANNED/DRY GOODS

- ☐ 2 14½-oz. cans cannellini beans
- ☐ 14½-oz. can garbanzo beans

- ☐ 15-oz. can black beans
- ☐ 2 16-oz. jars thick and chunky salsa
- ☐ 2 10¾-oz. cans cream of celery or mushroom soup
- ☐ 1½ cups vegetable or tomato juice
- ☐ 7 oz. bottle 7up, Sprite, or ginger ale
- ☐ tortillas (enough for your family)
- ☐ minced garlic
- ☐ sliced black olives
- ☐ 1 cup long-grain brown rice
- ☐ 2 cups uncooked elbow macaroni
- ☐ 2 slices bread
- ☐ ½ of a 1.8-oz. pkg. dry beef-flavored soup mix
- ☐ ½ of a 1.8 oz. pkg. dry tomato flavored soup mix
- ☐ 6 ⅝ oz. (“fun-sized”) chocolate-toffee candy bars

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ garlic powder
- ☐ ground cumin
- ☐ dried oregano
- ☐ cayenne pepper
- ☐ dry mustard
- ☐ ground cinnamon
- ☐ whole cloves
- ☐ sugar
- ☐ flour
- ☐ baking powder
- ☐ baking soda
- ☐ vanilla extract
- ☐ confectioners’ sugar, *optional*
- ☐ 2 cups chicken broth
- ☐ ketchup
- ☐ ¼ cup chopped nuts

SPIRITS

- ☐ 12 oz. beer

SHOPPING LIST - WINTER

Week 8

PROTEIN

- ☐ 16 oz. hot or mild ground sausage
- ☐ 8 skinless chicken breast halves
- ☐ 1 lb. shrimp
- ☐ 2 lbs. beef top round roast
- ☐ ½ lb. ground beef
- ☐ ½ lb. bacon

FROZEN

- ☐ 16-oz. pkg. frozen mixed vegetables
- ☐ 6-oz. can frozen concentrated orange juice

DAIRY and REFRIGERATED

- ☐ grated Parmesan cheese, for garnish
- ☐ 2 eggs

PRODUCE

- ☐ 1 cup chopped carrots
- ☐ 1 cup chopped zucchini
- ☐ ½ red onion
- ☐ ¼ lb. fresh mushrooms
- ☐ ½ bell pepper
- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 2 Tbsp. minced fresh parsley

CANNED/DRY GOODS

- ☐ 10¾-oz. can broccoli cheese soup
- ☐ 2 14¾-oz. cans diced tomatoes with garlic and onion
- ☐ 15-oz. can tomato sauce
- ☐ 6-oz. can low-sodium tomato sauce
- ☐ 16-oz. can low-sodium chopped tomatoes
- ☐ 6-oz. can tomato paste
- ☐ 3 oz. low-sodium tomato paste

- ☐ 16-oz. can red kidney beans
- ☐ 14½-oz. can pork and beans
- ☐ 15-oz. can butter beans
- ☐ 18½-oz. pkg. chocolate fudge pudding cake mix
- ☐ ¼ cup dry red kidney beans
- ☐ ¼ cup dry great northern beans
- ☐ ¾ cups dry pasta of your choice
- ☐ 6 oz. dry spaghetti (yields 3 cups cooked)
- ☐ ¾ bottle barbecue sauce
- ☐ ½ 12-oz. bottle/can cream soda or root beer
- ☐ rolls
- ☐ buns

DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ onion powder
- ☐ Italian seasoning
- ☐ salt
- ☐ pepper
- ☐ dried marjoram
- ☐ ground nutmeg
- ☐ dried oregano
- ☐ dried basil
- ☐ seasoned salt
- ☐ dried rosemary
- ☐ dried thyme
- ☐ bay leaf
- ☐ whole peppercorns
- ☐ 1 clove garlic
- ☐ oil of your choice
- ☐ brown sugar
- ☐ sugar
- ☐ 3 cups beef broth
- ☐ cornstarch
- ☐ 1 cup light soy sauce
- ☐ ½ cup ketchup
- ☐ apple cider vinegar
- ☐ ⅓ cup pecan halves
- ☐ chocolate syrup

SHOPPING LIST - WINTER

Week 9

PROTEIN

- ☐ 3 lbs. turkey tenderloins
- ☐ 2 lbs. sausage links
- ☐ 3-lb. round steak

DAIRY and REFRIGERATED

- ☐ 2½ cups shredded cheddar cheese
- ☐ 2¼ sticks butter
- ☐ sour cream, for garnish

PRODUCE

- ☐ 1 sprig fresh rosemary
- ☐ 10 leaves fresh sage
- ☐ 4 ribs celery
- ☐ 5 medium onions
- ☐ 1 large onion, or 1 pkg. dry onion soup mix
- ☐ 1 cup chopped red onion
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 orange bell pepper
- ☐ 1 cup mushrooms
- ☐ ½ lb. mushrooms, or 2 4-oz. cans sliced mushrooms
- ☐ 4–6 artichokes
- ☐ 6 medium potatoes
- ☐ lettuce, for garnish
- ☐ chopped tomatoes, for garnish

CANNED/DRY GOODS

- ☐ 14½-oz. can diced tomatoes with green chilies
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 16-oz. can tomatoes
- ☐ 2 16-oz. cans kidney beans

- ☐ 1 or 2 21-oz. can(s) apple, blueberry, or peach pie filling
- ☐ 18¼-oz. pkg. yellow cake mix
- ☐ 1 lb. dry garbanzo beans
- ☐ 1 cup uncooked small pasta
- ☐ 1¼-oz. envelope taco seasoning mix
- ☐ 8 7½-inch flour tortillas
- ☐ rice
- ☐ sliced olives, for garnish
- ☐ 1¾ cups tomato juice

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ chili powder
- ☐ sea salt
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cumin
- ☐ cayenne pepper
- ☐ pepper
- ☐ cream of tartar
- ☐ dried oregano
- ☐ dried thyme
- ☐ red pepper flakes
- ☐ paprika
- ☐ 3–4 cloves garlic
- ☐ flour
- ☐ Worcestershire sauce
- ☐ olive oil
- ☐ 6 cups chicken broth
- ☐ ½ cup beef stock
- ☐ 1 cup lemon juice
- ☐ ⅓ cup chopped walnuts

Week 10

PROTEIN

- ☐ 4 boneless skinless chicken breast halves
- ☐ 4 skinless chicken quarters
- ☐ 6 lbs. country-style pork ribs
- ☐ 3 lbs. ground beef

FROZEN

- ☐ 16-oz. bag Asian stir-fry frozen vegetable mix

DAIRY and REFRIGERATED

- ☐ 1 cup grated mozzarella cheese
- ☐ 8 oz. shredded cheese of your choice
- ☐ grated Parmesan cheese
- ☐ shredded cheese of your choice, for garnish
- ☐ 3 eggs
- ☐ 1½ cups milk
- ☐ sour cream or plain Greek yogurt, *optional*
- ☐ guacamole, *optional*

PRODUCE

- ☐ 6 pears
- ☐ ¼ cup chopped sweet red bell pepper
- ☐ 2 cups sliced red peppers
- ☐ ½ medium green or red bell pepper
- ☐ 1 Tbsp. fresh chopped parsley, or 1 tsp. dried, *optional*
- ☐ 2 carrots
- ☐ 5 ribs celery
- ☐ 2 medium onions
- ☐ 2 small onions
- ☐ ½ cup chopped onion
- ☐ 6 green onions
- ☐ diced onions, for garnish
- ☐ green onions, for garnish
- ☐ ¼ lb. fresh mushrooms, or 4-oz. can chopped mushrooms
- ☐ 1 cup sliced mushrooms
- ☐ 1 cup sliced green cabbage
- ☐ 2 cups bean sprouts
- ☐ diced cucumbers, for garnish

- ☐ diced tomatoes, for garnish
- ☐ shredded lettuce, for garnish

CANNED/DRY GOODS

- ☐ 10¾-oz. can cream of chicken soup
- ☐ 27-oz. jar duck sauce
- ☐ rice
- ☐ individual-sized bags Doritos, Fritos, or other corn chips of your choice
- ☐ tortilla chips
- ☐ minced garlic
- ☐ 1 cup pizza or spaghetti sauce
- ☐ ¾ cup teriyaki sauce
- ☐ ¼ cup toasted coconut
- ☐ salsa, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ dried parsley, or fresh
- ☐ ground ginger
- ☐ paprika
- ☐ red pepper flakes
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cumin
- ☐ chili powder
- ☐ salt
- ☐ dried oregano
- ☐ dried basil
- ☐ pepper
- ☐ ground nutmeg
- ☐ cornstarch
- ☐ flour
- ☐ sugar
- ☐ baking soda
- ☐ oil of your choice
- ☐ soy sauce
- ☐ rice vinegar
- ☐ lemon juice
- ☐ 3 cloves garlic
- ☐ creamy peanut butter
- ☐ chopped peanuts, for garnish

SPIRITS

- ☐ 1 cup white wine

SHOPPING LIST - WINTER

Week 11

PROTEIN

- ☐ 5-lb. fully cooked ham
- ☐ 2 lbs. sweet or hot Italian sausage
- ☐ 8 boneless, skinless chicken thighs

FROZEN

- ☐ whipped topping, *optional*

DAIRY and REFRIGERATED

- ☐ 12 oz. cottage cheese
- ☐ 5 large eggs
- ☐ 1½ cups sour cream
- ☐ 2¼ cups shredded cheddar cheese
- ☐ ½ cup cubed Velveeta
- ☐ 3 sticks butter
- ☐ ⅔ cup cream

PRODUCE

- ☐ ½ cup pineapple chunks
- ☐ ½ cup cranberries
- ☐ 1 lb. small red potatoes
- ☐ 1 large onion
- ☐ 1 medium onion
- ☐ 1 cup chopped onion
- ☐ ½ cup diced onion
- ☐ diced avocado, *optional*
- ☐ 2 red or yellow bell peppers
- ☐ 2 cups chopped carrots
- ☐ 1 cup chopped celery
- ☐ 1 head lettuce (romaine recommended)
- ☐ chopped tomatoes, *optional*

CANNED/DRY GOODS

- ☐ 1¼ cups evaporated milk

- ☐ 2 15-oz. cans black beans
- ☐ 15-oz. can crushed tomatoes
- ☐ 2 14-oz. cans green beans
- ☐ ¾ cup dry lentils
- ☐ 4 14½-oz. cans chicken broth
- ☐ 2 14½-oz. cans vegetable or chicken broth
- ☐ ¾ cup uncooked long-grain brown rice
- ☐ 4–5 uncooked lasagna noodles
- ☐ 2¼ cups salsa
- ☐ tortilla chips, crushed, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ black pepper
- ☐ dried thyme
- ☐ dried basil
- ☐ dried oregano
- ☐ dried sage
- ☐ ground cumin
- ☐ chili powder
- ☐ sea salt, *optional*
- ☐ salt
- ☐ 2 Tbsp. dry taco seasoning mix
- ☐ 4 cloves garlic
- ☐ flour
- ☐ baking soda
- ☐ sugar
- ☐ brown sugar
- ☐ unsweetened cocoa powder
- ☐ honey
- ☐ 2 vanilla beans or 2 Tbsp. vanilla extract
- ☐ hot pepper sauce
- ☐ Dijon mustard
- ☐ sliced almonds, *optional*

SPIRITS

- ☐ dry sherry

Week 12

PROTEIN

- ☐ 4–5-lb. beef chuck roast
- ☐ 3–4-lb. turkey breast
- ☐ 2 lbs. ground beef
- ☐ ½ lb. crabmeat, or imitation flaked crabmeat
- ☐ ½ lb. bay scallops
- ☐ 1 lb. medium shrimp

FROZEN

- ☐ ½ cup frozen corn
- ☐ 3 10-oz. boxes frozen spinach

DAIRY and REFRIGERATED

- ☐ ½ cup orange juice
- ☐ ½ cup apple cider
- ☐ 2 cups sour cream
- ☐ 2 cups cottage cheese
- ☐ 3 eggs
- ☐ 1½ cups grated cheddar cheese
- ☐ 3 cups shredded Monterey Jack cheese
- ☐ 6 Tbsp. butter

PRODUCE

- ☐ 1 cup thinly sliced onions
- ☐ 1 large onion
- ☐ 1 cup chopped onion
- ☐ 1 medium onion
- ☐ 3 carrots
- ☐ ½ cup chopped carrots
- ☐ 3 zucchini squash
- ☐ 1 large yam, or sweet potato
- ☐ 3–4 medium potatoes
- ☐ ½ cup chopped celery
- ☐ ⅓ cup chopped fresh parsley
- ☐ 1 cup chopped apple
- ☐ 8 medium apples
- ☐ 5 pears

- ☐ 1 cup fresh cranberries, or frozen
- ☐ 1 lemon
- ☐ 2 tsp. orange zest
- ☐ fresh ginger

CANNED/DRY GOODS

- ☐ 14½-oz. can diced tomatoes
- ☐ 14½-oz. can diced tomatoes
- ☐ 14½-oz. can green beans, or 1 lb. frozen
- ☐ 14½-oz. can corn, or 1 lb. frozen
- ☐ 15-oz. can corn
- ☐ 15-oz. can peas
- ☐ 4-oz. can diced green chilies
- ☐ 14-oz. can whole berry cranberry sauce
- ☐ 8-oz. can tomato sauce
- ☐ 4 oz. tomato paste
- ☐ 10¾-oz. can fat-free, low-sodium cream of mushroom soup
- ☐ ½ cup chopped mixed dried fruit
- ☐ ½ cup orange marmalade

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ ground cumin
- ☐ dried basil
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cinnamon
- ☐ ground nutmeg
- ☐ ground cloves
- ☐ dried parsley flakes
- ☐ 8 cloves garlic
- ☐ 1 tsp. chopped garlic
- ☐ 2 beef bouillon cubes
- ☐ 3 cups beef broth
- ☐ flour
- ☐ dark brown sugar

SPIRITS

- ☐ 1½ cups red wine

SHOPPING LIST - WINTER

Week 13

PROTEIN

- ☐ 6-lb. low-sodium corned beef brisket
- ☐ 4 lbs. loin lamb chops
- ☐ 1½ lbs. ground pork

DAIRY and REFRIGERATED

- ☐ 1 cup sour cream
- ☐ 2 cups shredded Swiss cheese
- ☐ shredded cheese, for garnish
- ☐ 4 Tbsp. butter
- ☐ 1 tsp. margarine
- ☐ ¼ cup fat-free milk
- ☐ 4 eggs
- ☐ 1 cup plain yogurt
- ☐ 1⅓ cups orange juice

PRODUCE

- ☐ 1 head cabbage
- ☐ 3–4 large carrots
- ☐ 6–8 medium carrots
- ☐ 24 oz. baby red potatoes
- ☐ 1 lb. potatoes
- ☐ 3 large potatoes
- ☐ 3 medium potatoes
- ☐ 2 medium onions
- ☐ 5 small onions
- ☐ 1 cup diced onion
- ☐ ½ cup chopped bell pepper
- ☐ 4 ribs celery

CANNED/DRY GOODS

- ☐ 1 lb. sauerkraut
- ☐ 15-oz. can corn
- ☐ ½ of 26-oz. jar spaghetti sauce with mushrooms

- ☐ 10¾-oz. can tomato soup
- ☐ 14½-oz. can stewed tomatoes
- ☐ 4-oz. can mushrooms
- ☐ 1½ cups Thousand Island dressing
- ☐ 12 slices dark rye bread
- ☐ spaghetti
- ☐ 16-oz. pkg. pound cake mix
- ☐ 3-oz. pkg. vanilla instant pudding

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried minced onion
- ☐ dried oregano
- ☐ dried thyme
- ☐ garlic powder
- ☐ cayenne pepper
- ☐ paprika
- ☐ chili powder
- ☐ garlic salt
- ☐ dried minced garlic
- ☐ onion salt
- ☐ Italian seasoning
- ☐ ground cardamom
- ☐ 2 cloves garlic
- ☐ 2–3 cups chicken stock
- ☐ flour
- ☐ 1 cup whole wheat flour
- ☐ baking soda
- ☐ honey
- ☐ Worcestershire sauce
- ☐ vinegar of your choice
- ☐ oil of your choice

SPIRITS

- ☐ ¾ cup red wine
- ☐ 3 Tbsp. Galliano liqueur