

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