

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