

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