

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