

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