

# Week 6

## PROTEIN

- ☐ 2½ lbs. ground beef
- ☐ 4-lb. whole chicken
- ☐ 6–7½-inch-thick pork chops
- ☐ 4 slices bacon

## FROZEN

- ☐ 3 cups frozen corn
- ☐ 2 10-oz. pkgs. frozen cauliflower

## DAIRY and REFRIGERATED

- ☐ 1 cup milk
- ☐ ½ cup fat-free half-and-half
- ☐ 4 Tbsp. light, soft tub margarine
- ☐ 2½ cups Havarti cheese
- ☐ ⅓ cup grated Parmesan cheese
- ☐ 1½ cups shredded Mexican-blend cheese
- ☐ 6 Tbsp. sour cream

## PRODUCE

- ☐ 1¾ cups chopped onion
- ☐ 3 medium onions
- ☐ 1 small onion
- ☐ 7 green onions
- ☐ 11 potatoes
- ☐ 1-lb. bag baby carrots
- ☐ 2 medium carrots
- ☐ ¾ cup chopped green chilies
- ☐ ¼ cup finely chopped fresh basil
- ☐ 2 ribs celery
- ☐ 1 large green bell pepper
- ☐ fresh ginger
- ☐ 1 cup sliced mushrooms
- ☐ 1 cup bean sprouts
- ☐ 2 cups whole cranberries

## CANNED/DRY GOODS

- ☐ 1 cup canned tomato soup
- ☐ 14½-oz. can green beans

- ☐ 3 28-oz. cans Italian plum tomatoes
- ☐ 14½-oz. can stewed tomatoes
- ☐ 15-oz. can black beans
- ☐ 14½-oz. can diced tomatoes with basil, oregano, and garlic
- ☐ 2 14½-oz. cans chicken broth
- ☐ 4-oz. can chopped green chilies
- ☐ 8-oz. jar cheese sauce
- ☐ 1 lb. uncooked penne or rigatoni
- ☐ ⅓ cup sliced, pitted, brine-cured olives (such as Kalamata)
- ☐ 4 6-inch corn tortillas
- ☐ minced garlic

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ garlic powder, *optional*
- ☐ red pepper flakes
- ☐ dried oregano
- ☐ ground cumin
- ☐ ¾ cups chicken broth
- ☐ 2 beef bouillon cubes
- ☐ sodium-free chicken bouillon granules
- ☐ flour
- ☐ baking soda
- ☐ cornstarch
- ☐ vanilla extract
- ☐ confectioners' sugar
- ☐ brown sugar
- ☐ dark molasses
- ☐ 2 cloves garlic
- ☐ light soy sauce
- ☐ Worcestershire sauce
- ☐ lemon juice
- ☐ olive oil
- ☐ apple cider vinegar
- ☐ ketchup
- ☐ ½ cup chopped walnuts

## SPIRITS

- ☐ ¼ cup white wine