SHOPPING LIST - WINTER

Week 7

PROTEIN

- ☐ 6-lb. whole chicken
- ☐ 6-lb. boneless pork butt roast
- ☐ 3–4 lbs. ham steaks

FROZEN

- ☐ 10-oz. pkg. frozen whole-kernel corn
- ☐ 1 cup frozen peas
- ☐ 8 cups frozen corn

DAIRY and REFRIGERATED

- ☐ 2½ sticks butter
- ☐ 6 eggs
- ☐ 1 cup shredded cheese of your choice
- ☐ ¼ lb. your favorite creamy cheese
- ☐ 12 oz. sour cream
- ☐ 4¼ cups 2% or whole milk
- ☐ ¾ cup shredded cheddar cheese

PRODUCE

- ☐ 1 medium onion
- ☐ 1 small onion
- ☐ ½ cup chopped onion
- ☐ 3 limes
- ☐ 1 cup fresh chopped cilantro
- ☐ 2 tomatoes
- ☐ lettuce
- ☐ jalapeño peppers
- ☐ ¼ cup chopped bell pepper
- ☐ 2 cups diced potatoes
- ☐ 3 cups chopped mixed vegetables, or 1-lb. pkg. frozen mixed vegetables

CANNED/DRY GOODS

- ☐ 2 14½-oz. cans cannellini beans
- ☐ 14½-oz. can garbanzo beans
- ☐ 15-oz. can black beans
- ☐ 2 16-oz. jars thick and chunky salsa
- ☐ 2 10¾-oz. cans cream of celery or mushroom soup
- ☐ 1½ cups vegetable or tomato juice
- ☐ 7 oz. bottle 7up, Sprite, or ginger ale
- ☐ tortillas (enough for your family)
- ☐ minced garlic
- ☐ sliced black olives
- ☐ 1 cup long-grain brown rice
- ☐ 2 cups uncooked elbow macaroni
- ☐ 2 slices bread
- ☐ ½ of a 1.8-oz. pkg. dry beef-flavored soup mix
- ☐ ½ of a 1.8 oz. pkg. dry tomato flavored soup mix
- ☐ 6 ⅝ oz. ("fun-sized") chocolate-toffee candy bars

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried basil
- ☐ garlic powder
- ☐ ground cumin
- ☐ dried oregano
- ☐ cayenne pepper
- ☐ dry mustard
- ☐ ground cinnamon
- ☐ whole cloves
- ☐ sugar
- ☐ flour
- ☐ baking powder
- ☐ baking soda
- ☐ vanilla extract
- ☐ confectioners' sugar, *optional*
- ☐ 2 cups chicken broth
- ☐ ketchup
- ☐ ¼ cup chopped nuts

SPIRITS

- ☐ 12 oz. beer