

SHOPPING LIST - WINTER

# Week 8

## PROTEIN

- ☐ 16 oz. hot or mild ground sausage
- ☐ 8 skinless chicken breast halves
- ☐ 1 lb. shrimp
- ☐ 2 lbs. beef top round roast
- ☐ ½ lb. ground beef
- ☐ ½ lb. bacon

## FROZEN

- ☐ 16-oz. pkg. frozen mixed vegetables
- ☐ 6-oz. can frozen concentrated orange juice

## DAIRY and REFRIGERATED

- ☐ grated Parmesan cheese, for garnish
- ☐ 2 eggs

## PRODUCE

- ☐ 1 cup chopped carrots
- ☐ 1 cup chopped zucchini
- ☐ ½ red onion
- ☐ ¼ lb. fresh mushrooms
- ☐ ½ bell pepper
- ☐ 1 small onion
- ☐ 2 medium onions
- ☐ 2 Tbsp. minced fresh parsley

## CANNED/DRY GOODS

- ☐ 10¾-oz. can broccoli cheese soup
- ☐ 2 14¾-oz. cans diced tomatoes with garlic and onion
- ☐ 15-oz. can tomato sauce
- ☐ 6-oz. can low-sodium tomato sauce
- ☐ 16-oz. can low-sodium chopped tomatoes
- ☐ 6-oz. can tomato paste
- ☐ 3 oz. low-sodium tomato paste

- ☐ 16-oz. can red kidney beans
- ☐ 14½-oz. can pork and beans
- ☐ 15-oz. can butter beans
- ☐ 18½-oz. pkg. chocolate fudge pudding cake mix
- ☐ ¼ cup dry red kidney beans
- ☐ ¼ cup dry great northern beans
- ☐ ¾ cups dry pasta of your choice
- ☐ 6 oz. dry spaghetti (yields 3 cups cooked)
- ☐ ¾ bottle barbecue sauce
- ☐ ½ 12-oz. bottle/can cream soda or root beer
- ☐ rolls
- ☐ buns

## DO YOU HAVE THESE ON HAND?

- ☐ garlic powder
- ☐ onion powder
- ☐ Italian seasoning
- ☐ salt
- ☐ pepper
- ☐ dried marjoram
- ☐ ground nutmeg
- ☐ dried oregano
- ☐ dried basil
- ☐ seasoned salt
- ☐ dried rosemary
- ☐ dried thyme
- ☐ bay leaf
- ☐ whole peppercorns
- ☐ 1 clove garlic
- ☐ oil of your choice
- ☐ brown sugar
- ☐ sugar
- ☐ 3 cups beef broth
- ☐ cornstarch
- ☐ 1 cup light soy sauce
- ☐ ½ cup ketchup
- ☐ apple cider vinegar
- ☐ ⅓ cup pecan halves
- ☐ chocolate syrup