SHOPPING LIST - WINTER

Week 11

PROTEIN

- ☐ 5-lb. fully cooked ham
- ☐ 2 lbs. sweet or hot Italian sausage
- ☐ 8 boneless, skinless chicken thighs

FROZEN

- ☐ whipped topping, *optional*

DAIRY and REFRIGERATED

- ☐ 12 oz. cottage cheese
- ☐ 5 large eggs
- ☐ 1½ cups sour cream
- ☐ 2¼ cups shredded cheddar cheese
- ☐ ½ cup cubed Velveeta
- ☐ 3 sticks butter
- ☐ ⅔ cup cream

PRODUCE

- ☐ ½ cup pineapple chunks
- ☐ ½ cup cranberries
- ☐ 1 lb. small red potatoes
- ☐ 1 large onion
- ☐ 1 medium onion
- ☐ 1 cup chopped onion
- ☐ ½ cup diced onion
- ☐ diced avocado, *optional*
- ☐ 2 red or yellow bell peppers
- ☐ 2 cups chopped carrots
- ☐ 1 cup chopped celery
- ☐ 1 head lettuce (romaine recommended)
- ☐ chopped tomatoes, *optional*

CANNED/DRY GOODS

- ☐ 1¼ cups evaporated milk
- ☐ 2 15-oz. cans black beans
- ☐ 15-oz. can crushed tomatoes
- ☐ 2 14-oz. cans green beans
- ☐ ¾ cup dry lentils
- ☐ 4 14½-oz. cans chicken broth
- ☐ 2 14½-oz. cans vegetable or chicken broth
- ☐ ¾ cup uncooked long-grain brown rice
- ☐ 4–5 uncooked lasagna noodles
- ☐ 2¼ cups salsa
- ☐ tortilla chips, crushed, *optional*

DO YOU HAVE THESE ON HAND?

- ☐ black pepper
- ☐ dried thyme
- ☐ dried basil
- ☐ dried oregano
- ☐ dried sage
- ☐ ground cumin
- ☐ chili powder
- ☐ sea salt, *optional*
- ☐ salt
- ☐ 2 Tbsp. dry taco seasoning mix
- ☐ 4 cloves garlic
- ☐ flour
- ☐ baking soda
- ☐ sugar
- ☐ brown sugar
- ☐ unsweetened cocoa powder
- ☐ honey
- ☐ 2 vanilla beans or 2 Tbsp. vanilla extract
- ☐ hot pepper sauce
- ☐ Dijon mustard
- ☐ sliced almonds, *optional*

SPIRITS

- ☐ dry sherry