

# Week 12

## PROTEIN

- ☐ 4–5-lb. beef chuck roast
- ☐ 3–4-lb. turkey breast
- ☐ 2 lbs. ground beef
- ☐ ½ lb. crabmeat, or imitation flaked crabmeat
- ☐ ½ lb. bay scallops
- ☐ 1 lb. medium shrimp

## FROZEN

- ☐ ½ cup frozen corn
- ☐ 3 10-oz. boxes frozen spinach

## DAIRY and REFRIGERATED

- ☐ ½ cup orange juice
- ☐ ½ cup apple cider
- ☐ 2 cups sour cream
- ☐ 2 cups cottage cheese
- ☐ 3 eggs
- ☐ 1½ cups grated cheddar cheese
- ☐ 3 cups shredded Monterey Jack cheese
- ☐ 6 Tbsp. butter

## PRODUCE

- ☐ 1 cup thinly sliced onions
- ☐ 1 large onion
- ☐ 1 cup chopped onion
- ☐ 1 medium onion
- ☐ 3 carrots
- ☐ ½ cup chopped carrots
- ☐ 3 zucchini squash
- ☐ 1 large yam, or sweet potato
- ☐ 3–4 medium potatoes
- ☐ ½ cup chopped celery
- ☐ ⅓ cup chopped fresh parsley
- ☐ 1 cup chopped apple
- ☐ 8 medium apples
- ☐ 5 pears

- ☐ 1 cup fresh cranberries, or frozen
- ☐ 1 lemon
- ☐ 2 tsp. orange zest
- ☐ fresh ginger

## CANNED/DRY GOODS

- ☐ 14½-oz. can diced tomatoes
- ☐ 14½-oz. can diced tomatoes
- ☐ 14½-oz. can green beans, or 1 lb. frozen
- ☐ 14½-oz. can corn, or 1 lb. frozen
- ☐ 15-oz. can corn
- ☐ 15-oz. can peas
- ☐ 4-oz. can diced green chilies
- ☐ 14-oz. can whole berry cranberry sauce
- ☐ 8-oz. can tomato sauce
- ☐ 4 oz. tomato paste
- ☐ 10¾-oz. can fat-free, low-sodium cream of mushroom soup
- ☐ ½ cup chopped mixed dried fruit
- ☐ ½ cup orange marmalade

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ ground cumin
- ☐ dried basil
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cinnamon
- ☐ ground nutmeg
- ☐ ground cloves
- ☐ dried parsley flakes
- ☐ 8 cloves garlic
- ☐ 1 tsp. chopped garlic
- ☐ 2 beef bouillon cubes
- ☐ 3 cups beef broth
- ☐ flour
- ☐ dark brown sugar

## SPIRITS

- ☐ 1½ cups red wine