

SHOPPING LIST - WINTER

Week 13

PROTEIN

- ☐ 6-lb. low-sodium corned beef brisket
- ☐ 4 lbs. loin lamb chops
- ☐ 1½ lbs. ground pork

DAIRY and REFRIGERATED

- ☐ 1 cup sour cream
- ☐ 2 cups shredded Swiss cheese
- ☐ shredded cheese, for garnish
- ☐ 4 Tbsp. butter
- ☐ 1 tsp. margarine
- ☐ ¼ cup fat-free milk
- ☐ 4 eggs
- ☐ 1 cup plain yogurt
- ☐ 1⅓ cups orange juice

PRODUCE

- ☐ 1 head cabbage
- ☐ 3–4 large carrots
- ☐ 6–8 medium carrots
- ☐ 24 oz. baby red potatoes
- ☐ 1 lb. potatoes
- ☐ 3 large potatoes
- ☐ 3 medium potatoes
- ☐ 2 medium onions
- ☐ 5 small onions
- ☐ 1 cup diced onion
- ☐ ½ cup chopped bell pepper
- ☐ 4 ribs celery

CANNED/DRY GOODS

- ☐ 1 lb. sauerkraut
- ☐ 15-oz. can corn
- ☐ ½ of 26-oz. jar spaghetti sauce with mushrooms

- ☐ 10¾-oz. can tomato soup
- ☐ 14½-oz. can stewed tomatoes
- ☐ 4-oz. can mushrooms
- ☐ 1½ cups Thousand Island dressing
- ☐ 12 slices dark rye bread
- ☐ spaghetti
- ☐ 16-oz. pkg. pound cake mix
- ☐ 3-oz. pkg. vanilla instant pudding

DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ pepper
- ☐ dried minced onion
- ☐ dried oregano
- ☐ dried thyme
- ☐ garlic powder
- ☐ cayenne pepper
- ☐ paprika
- ☐ chili powder
- ☐ garlic salt
- ☐ dried minced garlic
- ☐ onion salt
- ☐ Italian seasoning
- ☐ ground cardamom
- ☐ 2 cloves garlic
- ☐ 2–3 cups chicken stock
- ☐ flour
- ☐ 1 cup whole wheat flour
- ☐ baking soda
- ☐ honey
- ☐ Worcestershire sauce
- ☐ vinegar of your choice
- ☐ oil of your choice

SPIRITS

- ☐ ¾ cup red wine
- ☐ 3 Tbsp. Galliano liqueur