

Month Shopping List

<p>Dairy by week:</p> <p>Week 1:</p> <ul style="list-style-type: none"> • Butter • Eggs • Plain yogurt • Shredded or block cheese for the chimichangas (If you like cheddar get a block and save some slices for sub night) • Sour Cream (optional) <p>Week 2:</p> <ul style="list-style-type: none"> • Butter • Cheddar cheese • Eggs • Milk • Mozzarella Cheese (for the pizza) <p>Week 3:</p> <ul style="list-style-type: none"> • Butter • Buttermilk (optional) • Cheddar (tacos) • Eggs • Grated Parmesan • Milk • Sour cream (tacos) <p>Week 4:</p> <ul style="list-style-type: none"> • American cheese • butter • cheddar (block or shredded 1lb +) • eggs (5) • half and half (2 cups) • milk • Parmesan cheese (1 1/4 cup) • Yogurt (plain) 	<p>Dry</p> <ul style="list-style-type: none"> • Almonds, sliced • Bread crumbs • Bread Flour • Brown Sugar • Cornmeal • Cornstarch • Cornbread mix • Dill Pickles • Dry yeast (1 packet) • Elbow macaroni • 5oz can Evaporated milk (2) • Fettucini Noodles • Flour tortillas (week 1, 2, 3) • French or Italian bread (week 1) • 15oz can Kidney Beans (x 2) • Lentils (1lb) • Olives (green or black 1 can) • 15oz can diced tomatoes (4) • 28oz can Crushed Tomatoes (3) • 6oz can Tomato Paste (x2) • Pinto Beans, Dry(1 lb) • 15oz can Pinto Beans • Raisins • Raspberry jam, seedless • Rice • Rice Noodles (or Lo mein) • Rolled Oats (NOT quick oats) • Spaghetti noodles • Sugar • Sweet Pickle Relish • Tuna, canned x 2 • 6oz can Vegetable Juice
<p>Frozen</p> <ul style="list-style-type: none"> • Broccoli x4 • Corn x 3 • Green beans x2 • Mixed Vegetables • Peas <p>Misc by Week</p> <p>Week 1</p> <ul style="list-style-type: none"> • Italian bread or sub rolls <p>Week 3</p> <ul style="list-style-type: none"> • Orange Juice <p>Week 4</p> <ul style="list-style-type: none"> • Sliced bread • Hamburger Buns 	<p>Meat</p> <ul style="list-style-type: none"> • Bacon (1/2 lb - 7 slices) • Chicken thighs • 2 - 3lbs bone-in chicken • Whole chicken, cut up • Boneless Skinless Chicken Breasts (1lb) • Cod, Whiting or Walleye (1 - 2lbs) • Italian sausage links • Ground beef (1lb x 2 can substitute ground chicken or turkey) • Pork Chops (2 - 3lbs) • Round steak x2 (1 - 1.5lbs each) • Salmon • Pepperoni or Sausage (whichever you prefer for pizza - optional) • Sirloin tip steak (1 lb)

	<ul style="list-style-type: none"> • Turkey Cutlets (or substitute Boneless Skinless Chicken Breasts)
<p>Produce by week:</p> <p>Week 1</p> <ul style="list-style-type: none"> • Apples x 4 • Bell Peppers x2 • Carrots • Garlic • Green onions • Onions • Potatoes x4-6 • Sandwich toppings (lettuce, tomatoes, red onions, whatever floats your boat) • Sweet potatoes x4 <p>Week 2</p> <ul style="list-style-type: none"> • Bell Pepper • Cabbage • Carrots • Celery • Garlic • Lettuce (your favorite for salads, enough for 2 nights) • Onions • Mushrooms • Potatoes (5 - 7lbs) <p>Week 3</p> <ul style="list-style-type: none"> • Avocado (tacos) • Bell Peppers (x5) • Carrots • Celery • Eggplants med. (x2) • Garlic • Green onions • Lettuce (tacos) • Onions • Parsley • Tomato (tacos) • Yukon gold potatoes (x8) <p>Week 4</p> <ul style="list-style-type: none"> • baby spinach (6oz) • Caesar salad kit or romaine lettuce + dressing + croutons • 3 - 4 bell peppers • carrots • celery • cilantro • garlic • granny smith apple (1) • grape or cherry tomatoes • green onions • mushrooms (1 12oz pk) • onion (4.5) 	<p>Spices / Condiments</p> <ul style="list-style-type: none"> • Balsamic vinegar (can substitute cider) • Basil • Beef base or bouillon • black pepper • Cajun seasoning • Cayenne Pepper (optional) • Celery Salt • Chicken base or bouillon • Chili powder • Cumin • Dijon mustard • Dill (optional) • Dry mustard • Extra Virgin Olive Oil • Garlic Powder • Honey • Honey mustard or honey mustard dressing • Hot sauce (like Tabasco) • Italian seasoning • Ketchup • Mayonnaise • Molasses • Montreal Steak seasoning • Onion powder • Oregano • Paprika • Pickles or dill relish • Sage • Salsa • Salt • Soy Sauce • Thyme • Vegetable oil • Worcestershire sauce • Yellow Mustard

- potatoes (7lbs)
- zucchini (4)