

SHOPPING LIST: WEEKLY MEAL #3

PRODUCE

- 5 large onions
- 1 red onion
- 2 garlic heads
- 1 pkg (20 g) fresh oregano
- 1 pkg (20 g) fresh basil
- 1 green bell pepper
- 3 broccoli crowns
- 1 orange
- 1 bag (397g) coleslaw mix
- 1 bag (510 g) Romain lettuce hearts
- 1 cup halved seedless red grapes
- 3 bunches green onion
- 1 bag (2lbs/1kg) baby carrots
- 1 bunch fresh parsley
- 2 lemons
- 2 cups frozen kernel corn

PROTEINS & DAIRY

- 2 ½ lb (1.125 kg) chicken wings and drumettes
- 2 lb (1 kg) boneless skinless chicken thighs
- 3 lb (1.5 kg) lean ground beef
- 4 bone-in pork loin chops, ¾ inch thick
- 1 lb (0.5 kg) white fish fillets
- 1/2 cup crumbled cooked bacon
- 4 tsp anchovy paste*
- small wedge or bag parmesan
- 3 tbsp milk (2%)
- 3 large eggs
- 1 pkg (500 g) cup plain yogurt
- 1 pkg (500 g) cup sour cream
- 1 lbs (454 g) salted butter
- 1 bag (320 g) shredded cheddar cheese

PANTRY

- 1 1/4 cups ketchup
- 1 ½ cups mayonnaise
- 1/8 tsp Louisiana-style hot sauce
- 1 can (14 oz / 398 mL) diced tomatoes
- 1 can (14 oz / 398 mL) kidney beans
- 1 can (7 1/2 oz / 213 mL) tomato sauce
- 1 can (14 oz/398 mL) tomato sauce
- 1 can (28 oz/796 mL) whole tomatoes
- 1 can (10 oz/284 mL) cream-style corn
- 1 cup elbow macaroni
- 2/3 cup Dijon mustard
- 1/3 cup pure maple syrup
- 1 1/2 tsp Worcestershire sauce
- 12 whole wheat kaiser buns
- Croutons

HERBS & SPICES

- 6 tsp salt
- 3 tsp freshly ground pepper
- 1/2 tsp dry mustard
- 5 tsp chili powder
- 1/8 tsp dried dill weed
- 1/4 tsp ground allspice
- 1/8 tsp cayenne pepper
- 1 tsp garlic powder
- ½ tsp onion powder
- 1/4 tsp ground ginger
- 1 ½ tsp celery seed
- 1/2 tsp celery salt
- 1 1/2 tsp dry mustard
- 1 tsp tarragon leaves
- 1 tsp ground cumin
- ½ tsp dried rosemary
- 1 tbsp thyme leaves
- 1/2 tsp cayenne pepper
- 2 tbsp cinnamon

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BAKING

- 1 1/2 cups firmly packed brown sugar
- 2 cups granulated sugar
- 1 pkg (8 g) instant yeast
- 5 1/4 cups all-purpose flour
- 2 tsp cream of tartar
- 1 1/2 tsp baking powder
- 1 tsp vanilla
- 1/2 cup slivered almonds
- 2/3 cup cornmeal
- 2 tbsp cornstarch
- 1 tsp baking soda

OILS & VINEGARS

- ¼ cup canola oil
- 1/2 cup olive oil
- 1 1/4 cup apple cider vinegar
- 2 tbsp malt vinegar
- 1 tbsp white wine vinegar
- 1 tbsp apple cider vinegar
- 2 tbsp pure white vinegar

Notes:

- Feel free to add you families favorite pizza toppings to this list as needed.

