

SHOPPING LIST: WEEKLY MEAL #6

PRODUCE

- 1 pkg (750 gram) frozen kernel corn
- 2 bunch broccoli florets
- 1 cup seedless red grapes
- 1 red onion
- 3 onions
- 1 medium carrot
- 6 cloves garlic
- 1 bunch fresh cilantro
- 1 bunch green onion
- 8 cups baby spinach
- 1 tbsp fresh lemon juice
- 1 bunch fresh parsley
- 1 lb asparagus
- 1 medium celery stalk
- 3 medium baking potatoes
- 1 red pepper
- 1 green pepper
- 4 mushrooms

PROTEINS & DAIRY

- 2 boneless skinless chicken breasts
- 1 1/4 cup shredded cheddar cheese
- 6 large eggs
- 1/2 cup plain yogurt
- 1/2 cup crumbled cooked bacon
- 2 lb (1 kg) lean ground beef
- Half ham (650 – 700 gram)
- 1 1/4 cup shredded Monterrey Jack cheese with jalapeno
- 1/4 cup shredded feta
- 1 1/4 cup freshly grated Parmesan cheese
- 2 cups milk (2%)
- 1/3 cup + 2 tsp salted butter

PANTRY

- 1 1/4 cups medium salsa
- 1/4 cup orange juice
- 1 cup slivered almonds
- 1 package soda crackers
- 1/3 cup ketchup
- 1 tbsp prepared mustard
- 1 tsp Worcestershire sauce
- 2 1/2 cups chicken broth
- 1/3 cup dried currants
- 8 flour tortillas (8 inch)
- 1 jar red pepper jelly
- 1 tsp Dijon mustard
- 1/4 cup chopped pecans
- 1 can (14 oz/398 mL) chili-style pinto and red kidney beans
- 1 tbsp tomato paste
- 8 oz fettuccine noodles
- 4 containers (4oz/104 mL each) applesauce
- 1 can (7 1/2 oz / 213g) sockeye salmon
- 1 cup fresh breadcrumbs (2 slices of bread)
- Dinner rolls

HERBS & SPICES

- 1 tsp celery seed
- 1/2 tsp celery salt
- 3/4 tsp oregano, crumbled
- 1 tsp freshly ground pepper
- 3 1/4 tsp salt
- 1/4 tsp hot pepper sauce
- 1 tsp grated fresh ginger
- 1 tbsp turmeric
- 1 tbsp chili powder
- 1/8 tsp nutmeg
- 1 bay leaf
- 1 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp allspice
- 1/8 tsp dried dill weed

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BAKING

- 1 2/3 cup all-purpose flour
- 3/4 cup granulated sugar
- 3/4 tsp baking soda
- 1/8 tsp baking powder

OILS & VINEGARS

- 2 tbsp malt vinegar
- 3 tbsp canola oil
- 2 tbsp extra-virgin olive oil