

# Fall Meal Planner Shopping List



## Bakery

- ☐ 1 loaf (1 lb.) French bread

## Baking

- ☐ Flour
- ☐ Cornstarch

## Cans & Jars

- ☐ Beef broth
- ☐ Chicken broth
- ☐ Dill pickle slices
- ☐ 1 can (15 oz.) black beans
- ☐ 2 cans (14-1/2 oz. each) diced tomatoes with basil, oregano and garlic
- ☐ 1 can (10 oz.) green enchilada sauce
- ☐ 1 can (6 oz.) tomato paste

## Dairy

- ☐ 4 slices Swiss cheese
- ☐ 1 pkg. (8 oz.) cream cheese

## Meat

- ☐ 1 lb. boneless skinless chicken breasts
- ☐ 4 boneless skinless chicken breast halves (6 oz. each)
- ☐ 1 boneless pork shoulder roast (3 to 4 lbs.)
- ☐ 1 lb. ground beef

## Pasta & Rice

- ☐ Rice
- ☐ 1 pkg. (16 oz.) linguine
- ☐ 1 pkg. (16 oz.) orzo pasta

## Produce

- ☐ Garlic cloves
- ☐ Onions
- ☐ 1 pkg. (6 oz.) baby spinach
- ☐ 1 pkg. (16 oz.) fresh carrots
- ☐ 1 bunch fresh cilantro
- ☐ 2-1/2 lbs. red potatoes
- ☐ 2 pkg. (8 oz. each) sliced baby portobello mushrooms

## Sauces, Oils, etc.

- ☐ Rice vinegar
- ☐ Honey
- ☐ Mayonnaise
- ☐ Olive oil
- ☐ Prepared mustard

## Quick Dinner Tips from

- Cook extra chicken breasts tonight, store them in Ziploc® brand Storage Bags and enjoy an easy dinner tomorrow night.
- Wash fresh herbs, such as basil leaves; pat dry with a paper towel. Freeze on a baking sheet. When frozen, transfer to a Ziploc® brand Freezer Bag. Mince as needed.

- ☐ Sesame oil
- ☐ Chili sauce

## Seasonings

- ☐ Salt
- ☐ Pepper
- ☐ Paprika
- ☐ Cumin
- ☐ Thyme
- ☐ Ground ginger
- ☐ Italian seasoning
- ☐ Cayenne pepper
- ☐ Sage

Other

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