Week 3

## Fall Meal Planner Shopping List

rati meat riainiei	Shopping List
Baking  □ All-purpose flour □ Brown sugar	Quick Dinner Tips from  Save time by chopping vegetables the night
Cans & Jars  ☐ 1 jar (8 oz.) oil-packed sun-dried tomatoes	<ul> <li>before. Chill in a Ziploc® brand Slider Bag.</li> <li>When freezing leftover alfredo or spaghetti sauce, place in a Ziploc® brand Freezer Bag, lay the bag flat in the freezer so they can cool</li> </ul>
Dairy  ☐ Butter ☐ Eggs ☐ Grated Parmesan cheese ☐ 1 carton (8 oz.) heavy whipping cream ☐ 1 pkg. (8 oz.) shredded Monterey Jack cheese ☐ 1 pkg. (5 oz.) shredded Swiss cheese	quickly. The bags will also thaw faster when ready to use.
	Other
Meat  ☐ 1 broiler/fryer chicken (3 to 4 lbs.)  ☐ 1 pkg. (16 oz.) cubed fully cooked ham  ☐ 1-1/2 lbs. ground beef  ☐ 4 boneless pork loin chops (5 oz. each)	
Pasta & Rice  ☐ 1 pkg. (16 oz.) linguine	
Produce  ☐ 1 bunch broccoli ☐ 1 large red onion	
Sauces, Oils, etc.  ☐ Cider vinegar  ☐ Olive oil  ☐ 1 jar (12 oz.) honey Dijon mustard  ☐ 1 can (8 oz.) tomato sauce	
Seasonings  ☐ Pepper ☐ Salt ☐ 1 pkg. (2 oz.) onion soup mix ☐ 1 envelope taco seasoning	
Drinks  ☐ 1 bottle (12 oz.) beer	
Snacks  ☐ 1 pkg. (12-1/2 oz.) nacho tortilla chips	