

Fall Meal Planner Shopping List



Bakery

- ☐ 4 hamburger buns

Baking

- ☐
- Sugar

Cans & Jars

- ☐ Beef broth
- ☐ Chunky peanut butter
- ☐ 1 can (15 oz.) black beans
- ☐ 1 can (14 oz.) bean sprouts

Dairy

- ☐ Butter
- ☐ Eggs
- ☐ Parmesan cheese

Meat

- ☐ 1 beef top sirloin steak (1-1/2 lbs.)
- ☐ 1 pork tenderloin (1 lb.)
- ☐ 1-1/4 lbs. ground turkey

Pasta & Rice

- ☐ Rice
- ☐ 1 tube (1 lb.) polenta

Produce

- ☐ Garlic
- ☐ Onions
- ☐ 1 large bunch romaine
- ☐ 1 pint cherry tomatoes
- ☐ 2 medium sweet red peppers
- ☐ 1 bunch green onions
- ☐ 2 small zucchini
- ☐ 1 small eggplant
- ☐ 1-1/2 lbs. small fresh mushrooms
- ☐ 1 bunch fresh cilantro

Sauces, Oils, etc.

- ☐ Cider vinegar
- ☐ Dijon mustard
- ☐ Olive oil
- ☐ Soy sauce

Seasonings

- ☐ Barbecue seasoning
- ☐ Chili powder
- ☐ Crushed red pepper flakes
- ☐ Dried rosemary

Quick Dinner Tips from

- As soon as you get home from the store, wash, pat dry and tear the iceberg lettuce into pieces. Place in a Ziploc® brand Slider Bag along with a paper towel; chill.
- When freezing ground beef or ground turkey, place inside a Ziploc® brand Freezer Bag and flatten meat like a pancake. It stores easily and will thaw quicker.

- ☐ Dried thyme
- ☐ Cloves
- ☐ Garlic powder
- ☐ Ground ginger
- ☐ Italian seasoning
- ☐ Onion powder
- ☐ Pepper
- ☐ Salt
- ☐ Steak seasoning

Other

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