

Fall Meal Planner Shopping List



Bakery

- ☐
- Seasoned bread crumbs

Baking

- Cornstarch

Cans & Jars

- ☐ Prepared horseradish
- ☐ Mayonnaise
- ☐ Chicken broth
- ☐ Beef broth
- ☐ 1 can (10-3/4 oz.) condensed cream of broccoli soup

Dairy

- ☐ Milk
- ☐ Eggs
- ☐ Butter
- ☐ 1 pkg. (8 oz.) shredded Colby cheese
- ☐ 1 container (15 oz.) ricotta cheese

Frozen

- ☐ 1 pkg. (16 oz.) frozen broccoli florets
- ☐ 1 pkg. (12 oz.) frozen home-style egg noodles
- ☐ 1 pkg. (14 oz.) frozen pepper strips

Meat

- ☐ 1-1/2 lbs boneless skinless chicken breasts
- ☐ 4 boneless skinless chicken breast halves (6 oz. each)
- ☐ 1 lb. ground pork
- ☐ 1 lb. sliced deli roast beef

Produce

- ☐ Minced garlic
- ☐ Onions
- ☐ 1 pkg. (10 oz.) julienned carrots
- ☐ 4 large baking potatoes

Sauces, Oils, etc.

- ☐ Honey
- ☐ Soy sauce
- ☐ Olive oil
- ☐ Worcestershire sauce
- ☐ 1 jar (15 oz.) marinara or spaghetti sauce

Seasonings

- ☐ Salt
- ☐ Pepper

Quick Dinner Tips from

- Freezing is an excellent way to preserve fresh vegetables. Use Ziploc® brand Freezer Bags to keep vegetables fresh and ready when you are!
- Ziploc® Twist'n Loc Containers are perfect for storing soups. They come with a leak resistant seal - so you don't have to worry about spills or leaks!

- ☐ Dried parsley flakes
- ☐ Dried thyme
- ☐ Rubbed sage
- ☐ Garlic salt
- ☐ Ground ginger
- ☐ Poultry seasoning
- ☐ Italian seasoning
- ☐ 1 pkg. (6 oz.) stuffing mix

Seafood

- 1/2 lb. cooked medium shrimp

Snacks

- 1 pkg. (8 oz.) raisins

Other

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