



all you

WEEKLY SHOPPING LIST



MEAT, FISH AND POULTRY

- 4 slices bacon
- 4 center-cut bone-in pork chops, about ¾-inch thick
- 32 frozen cooked, peeled and deveined shrimp (about 12 oz.)
- 1 lb. Italian turkey sausage

FRUITS AND VEGETABLES

- 1 avocado
- 1 large lime
- 2 oranges
- 8 cups shredded plus 1 small head romaine lettuce
- 2 onions
- 1 small red onion
- 6 bell peppers (any color)
- 4 baking potatoes (about 2 lb.)
- 1 cup cherry tomatoes
- ¼ cup finely chopped fresh basil
- 1 small clove garlic
- 1 Tbsp. finely chopped fresh sage
- 2 Tbsp. chopped chives or scallions

DAIRY

- 4 cups milk
- 4 oz. sour cream
- 4 oz. shredded Monterey Jack
- 8 oz. mozzarella
- ½ cup grated Parmesan
- 8 Tbsp. (1 stick) unsalted butter
- 1 cup plain yogurt
- 1 large egg

OTHER

- 1½ cups apple cider
- 1½ cups low-sodium chicken broth
- 1 cup uncooked long-grain white rice
- 1 32-oz. can crushed tomatoes
- 2 15-oz. cans chickpeas
- 6 pita breads
- 1 lb. semisweet chocolate chips (about 2¾ cups)
- 1 14-oz. can sweetened condensed milk
- 1 cup unsalted, unbuttered popcorn
- ¾ cup dry-roasted salted peanuts

You also will need these items from your pantry: all-purpose flour, crushed red pepper, cumin, Dijon mustard, olive oil, pepper, salt