

Menu Planning Central Shopping List

Family-Friendly Option Week 2 of September

Fresh Produce

- (A, C, D, E, G, I) onions – 3 cups, 2 tablespoons
- (A, C) garlic cloves – 2
- (C) celery – 1/2 cup
- (C) tomatoes – 2
- (C) green bell peppers – 1
- (D*) carrots – 3/4 pound (about 2 cups)
- (D*) fresh basil leaves – 1 teaspoon
- (F*) green salad – enough for family
- (H) grated lemon zest – 1 teaspoon
- (J, K) strawberries – 3 cups, 4 (recipe K may be substituted with maraschino cherries – 4)
- (K) bananas – 2

Bakery / Bread

- (C) Italian rolls – 2 (8 inches each)
- (I) bread – 12 slices

General Grocery / Beverages

- (F) lime juice – 2 teaspoons

General Grocery / Cooking and Baking

- (A, G, H) flour – 4 tablespoons, 2 1/2 cups
- (A, C, D, D*, E, G, H, I) salt – 4 1/8 teaspoons
- (A, B*, D, E) pepper – 1 1/8 teaspoons
- (A, B*, E, F, G) paprika – 2 teaspoons
- (A, F) thyme – 1 1/2 teaspoons
- (A) bay leaves – 1
- (B) Italian seasoning – 1 teaspoon
- (B*) onion salt – 1/2 teaspoon
- (C) dill weed – 1 teaspoon
- (D) brown sugar – 1/2 cup
- (D) sage – 1/2 teaspoon
- (D*, H, K) sugar – 3 tablespoons, 2/3 cup, 1/4 cup
- (F) allspice – 1 teaspoon
- (F) vegetable oil – 2 teaspoons (may substitute with olive oil)
- (H) cinnamon – 1/2 teaspoon
- (H) confectioners' sugar
- (I) dry mustard – 1/4 teaspoon
- (J) brownie mix of your choice
- (J) powdered sugar – 2 to 3 tablespoons

General Grocery / Condiments and Sauces

- (C, F) hot pepper sauce – few drops, 1/4 teaspoon
- (D) ketchup – 1 cup
- (D) Worcestershire sauce – 1 teaspoon
- (J) chocolate syrup – 3/4 cup

General Grocery / Dry Food and Mixes

- (A*) noodles – enough for family
- (B*) seasoned stuffing mix – 1 cup
- (G) elbow macaroni – 2 cups

General Grocery / Canned and Bottled

- (A) tomatoes – 1 can (14 1/2 ounces)
- (B) spaghetti sauce – 1 jar (26 ounces)
- (B*) cream style corn – 1 can (17 ounces)
- (C*) canned pears – enough for family
- (E*) fruit cocktail – enough for family
- (G*) peas – enough for family

General Grocery / Snacks

- (D) saltine crackers – 2/3 cup
- (H) raisins – 1/4 cup
- (K) vanilla wafers – 1 cup (may substitute with chocolate chip cookies)

Frozen

- (B) chicken nuggets – 1 bag (13 1/2 ounces)
- (B*, I) broccoli – 2 packages (10 ounces each)
- (J, K) whipped topping – 2 cups
- (J) vanilla ice cream – 1 pint to 1 quart

Dairy / Refrigerated

- (A, C, E, G, K) sour cream – 4 1/4 cups
- (B) Parmesan cheese – 1/3 cup
- (B, C) shredded mozzarella cheese – 2 cups
- (B*, C, D*, E, G, H) butter or margarine – 11 tablespoons, 1 1/2 sticks (recipe H calls for 1 1/2 sticks of unsalted butter)
- (D, H, I) eggs – 10
- (D, G, I) milk – 3/4 cup, 3 3/4 cup, 1/2 cup
- (G) shredded American cheese – 1 cup
- (G, I) shredded cheddar cheese – 1 1/2 cups, 3/4 pound
- (H) whole or part-skim ricotta cheese – 1 pound

Meat / Fish

- (A) beef round steaks – 2 pounds
- (C) ground pork – 1 pound
- (D) lean ground beef – 1 1/2 pounds
- (E) fish of choice – 1 pound
- (F) boneless skinless chicken breast halves – 4
- (I) cooked ham – 2 cups