31 Recipes — Shopping List

Simple shopping quantities for making all 31 recipes once. Amounts are approximate; check individual recipes for exact measurements.

MEAT & POULTRY

- ☐ Chicken breasts — approx. 23–27 lb
- ☐ Chicken thighs — approx. 2 lb
- ☐ Ground beef — 5½ lb
- ☐ Chuck roast — 9–12 lb
- ☐ Beef stew meat / tips — 4 lb
- ☐ Italian sausage — 1 lb
- ☐ Smoked sausage — 2 lb
- ☐ Pork shoulder — 3–4 lb
- ☐ Pork loin — 3 lb
- ☐ Bacon — approx. 2 lb
- ☐ Frozen meatballs — 2 lb

PRODUCE

- ☐ Onions — 10
- ☐ Garlic — 2 bulbs
- ☐ Potatoes — approx. 10–12 lb, mixed types
- ☐ Carrots — 5–6
- ☐ Broccoli — 1 large head (about 4 cups)
- ☐ Green beans — 1 lb
- ☐ Green bell peppers — 2
- ☐ Red bell pepper — 1
- ☐ Poblano peppers — 2
- ☐ Jalapeños — 2–3
- ☐ Baby spinach — 1 small bag
- ☐ Kale — 1 small bunch
- ☐ Apple — 1
- ☐ Green onions — 1 bunch (optional)
- ☐ Parsley — 1 bunch (optional)

DAIRY & EGGS

- ☐ Cream cheese — 4 blocks (8 oz each)
- ☐ Heavy cream — 1 pint
- ☐ Half-and-half — 1 pint
- ☐ Milk — 1 pint
- ☐ Sour cream — 1 tub (16 oz) + extra for toppings
- ☐ Shredded cheddar — approx. 3 lb
- ☐ Shredded mozzarella — 1 bag (8 oz) + extra for lasagna soup
- ☐ Grated Parmesan — approx. 8–10 oz
- ☐ Provolone — 1 package
- ☐ Ricotta or cottage cheese — 1 small tub
- ☐ Butter — 1 stick
- ☐ Eggs — 1 dozen

CANNED & JARRED

- ☐ Cream of chicken soup — 6 cans
- ☐ Cream of mushroom soup — 3 cans
- ☐ Alfredo sauce — 3 jars
- ☐ Marinara / pasta sauce — 2 jars
- ☐ Diced tomatoes — 5 cans
- ☐ Tomatoes with green chiles — 1 can
- ☐ Tomato sauce — 1 can
- ☐ Kidney beans — 3 cans
- ☐ Black beans — 2 cans
- ☐ Great Northern beans — 2 cans
- ☐ Corn — 1 can
- ☐ Diced green chiles — 1 small can
- ☐ Pumpkin purée — 1 can
- ☐ Sun-dried tomatoes — 1 small jar
- ☐ Pepperoncini — 1 jar
- ☐ Chicken broth — 7 cartons (32 oz each)
- ☐ Beef broth — 4 cartons (32 oz each)
- ☐ BBQ sauce — 1 large bottle
- ☐ Salsa — 1 large jar + extra for toppings
- ☐ Honey — 1 small bottle

- ☐ Soy sauce — 1 bottle
- ☐ Ketchup — 1 bottle
- ☐ Rice vinegar — 1 bottle
- ☐ Worcestershire sauce — 1 bottle

PASTA, BREAD & GRAINS

- ☐ Dry pasta — approx. 4 lb (mixed shapes)
- ☐ Lasagna noodles — 1 box
- ☐ Steel-cut oats — 1 container
- ☐ White bread — 1 loaf
- ☐ Stuffing mix — 1 box
- ☐ Italian breadcrumbs — 1 container
- ☐ Refrigerated biscuits — 2 cans
- ☐ Tortillas — 1 package
- ☐ Hoagie rolls — 1 package

FROZEN

- ☐ Frozen green beans — 1 bag
- ☐ Frozen mixed vegetables — 2 bags
- ☐ Frozen corn — 1 small bag

SEASONINGS & PANTRY

- ☐ Ranch seasoning — 3 packets
- ☐ Brown gravy mix — 2 packets
- ☐ Beef gravy mix — 1 packet
- ☐ Au jus mix — 1 packet
- ☐ Mississippi Pot Roast Meal Mix — 1 package
- ☐ Tuscan-Style Herb Chicken Meal Mix — 1 package
- ☐ Garlic & Herb Seasoning — to taste
- ☐ Three Onion Rub — to taste
- ☐ Everything Taco Seasoning — to taste
- ☐ Southwest Seasoning — to taste
- ☐ Italian / Everything but the Pizza Seasoning — to taste
- ☐ French Onion Dip Mix — to taste
- ☐ Crushed Peppercorn & Garlic Rub — to taste
- ☐ Smoky BBQ Rub — to taste
- ☐ Seasoning Salt — to taste
- ☐ Black pepper — to taste
- ☐ Smoked paprika — 1 tsp
- ☐ Ground cinnamon — ½ tsp
- ☐ Red pepper flakes — optional
- ☐ Salt — to taste
- ☐ Brown sugar — ½–¾ cup
- ☐ Maple syrup — optional
- ☐ Cooking oil — small amount