

Week 3 Shopping List

Meats:

- 3-4 pounds boneless, skinless chicken breasts
- 2 pounds slices of deli meat (ham, turkey, chicken or roast beef)
- 2-3 pounds boneless pork roast (pork shoulder, pork tenderloin, etc)
- 1-2 packages smoked sausage such as Kielbasa
- 1 bag of frozen meatballs

Dairy/Refrigerated:

- 1-2 pounds slices of cheese (take your pick!)
- 2 cups shredded sharp cheddar cheese 1 cup shredded mozzarella or provolone cheese
- 8 eggs
- Milk
- Butter

Breads:

- 1 loaf Texas toast
- 1 loaf sandwich bread
- Rolls
- Buns

Canned Items:

- 1 bottle Italian salad dressing
- 6 cups chicken stock
- 15 oz can evaporated milk
- 3 cups beef broth
- 1 can Dr. Pepper or root beer
- 1 jar spaghetti sauce

Other:

- 2 cups chopped broccoli florets, fresh or frozen
- 1 Small onion
- 1 pound fresh green beans (or 3 cups or 2 cans)
- 3 large potatoes
- Vanilla
- Cinnamon
- Minced garlic

Optional:

- Barbeque sauce or buffalo sauce