

October Shopping List

Meats

11 lbs. Lean Ground Beef
1 ½ lbs. Boneless, Skinless Chicken Breast
1 ½ lbs Ground Turkey
2 lbs. Med or Large Shrimp
6oz. Pre-cooked Smoked Sausage
3 lbs Chicken Drumsticks
4 Pork Chops, or enough for your family
Pepperoni (enough for 2 pizza nights)
1 ½ lbs Cod Fillets
2 Cans Tuna
Salmon (enough for family)
Ribs (enough for family)
1 Whole Chicken 3 ½- 4 lbs
6 oz. sirloin rib eye or similar tender steak
beef
8 Hot Dogs (enough for family)

Dry Goods, Bread, Pasta

2 Boxes Spaghetti Noodles
Linguine Noodles
Spinach Pasta
Lasagna Noodles
1 Box Macaroni Noodles (4 cups total, 2 dinners)
Rice-A-Roni
Garlic Bread
Hamburger Buns (2 packs)- Reserve 1 bun for the creamy tuna shells recipe*
Preferred Bread For Grilled Cheese
6oz Jumbo Pasta Shells
8 Fajita Size Flour Tortillas
Bread Flour
2 Packets Instant Dry Yeast
Panko Crumbs
Cornbread Mix

Canned/Jarred Goods

Tomato Soup
2 24oz. Jars Tomato Basil Pasta Sauce
3 Cans Seasoned Tomato/ Pasta Sauce
1 Can Tomato Paste
1 Can 28oz. Can Chopped Tomatoes
1 Can 15oz Black Beans
1 Can 15oz Kidney Beans
2 15oz Cans Pinto Beans
1 15oz Can Pumpkin Puree
2 Jars Pizza Sauce
3 14oz Cans Fire Roasted Diced Tomatoes
1 8oz Can Tomato Sauce
Oyster Sauce
Sesame Oil
1 Carton Low Sodium Beef Broth
2 Cartons Low Sodium Chicken Stock
1 Can Condensed Cream Of Mushroom Soup

Dairy

Parmesan Cheese Grated or Brick
Cheddar Cheese Brick
24oz. Cottage Cheese
16oz. Ricotta Cheese
Whole Milk
String Cheese
10 American Cheese Slices
Mozzarella Cheese (Pizza, Lasagna)
Heavy Cream (1 Cup)
Eggs and Butter
Monterey Jack Cheese

Fresh Produce

Bag of Yellow Onions
3 Limes
2 Lemons
1lb Baby Bell Peppers
2 Oranges
½ lb Fresh Mushrooms
1 Zucchini
2 Large Red Onions
2 Bulbs Garlic
2 Red Bell Peppers
2 Green Bell Peppers
6 Orange Bell Peppers (or 1 per person)
Fresh Spinach
1 Small Head Broccoli
Small Ginger Piece
Corn On The Cob (Enough For Family)
1 lb Carrots
2 Scallions
Brussel Sprouts (Enough for family)
Parsley
2 lbs Russet Potatoes
Salad Fixings: Lettuce, Cucumber,
Tomatoes, Celery- The choice is yours!

Other

10oz Frozen Chopped Spinach
10oz Frozen Corn Kernels
1 Envelope Ranch Seasoning Mix
Refrigerated Pesto
1 Can Crescent Roll Dough
16 Candy Eyes (Tiny for Hot Dog Mummies)

Condiments

Dijon Mustard
Lemon Juice
Black Olives
Old Bay Seasoning

Pantry Item/Spices Needed

Salt/Pepper
Cajun Seasoning
Cumin
Paprika
Chili Powder
Coriander
Dry Mustard
Onion Powder
Olive Oil
Sugar
Brown Sugar
Garlic Salt
Rice
Italian Seasoning
Oregano
Corn Starch
Vegetable Oil
Red Pepper Flakes

Optional

Halloween Cupcake Tins (FOr Cornbread
Muffins)
Condiments for Hamburgers
Condiments for Fajitas: Salsa, guac, hot
sauce, sour cream
Green Onions: Garnish for turkey chili
Pizza toppings other than pepperoni
Chives: Garnish for Orange Dijon Chicken



