



Shopping List

(M) Newlywed Macaroni & Cheese with Side Salad (T) Sweetheart Scallops with Spinach Rice Medley (W) Pumpkin Shepherd's Pie with Cranberry Salad (Th) Mom's Midwest Goulash (F) Pumpkin Hash with Corn

Meat / Seafood	Quantity	Notes
Italian turkey sausage (bulk)	1-1/2 pounds	
bay scallops	1-1/4 pounds	
lean ground turkey or beef	2 pounds	

Vegetables & Fruit	Quantity	Notes
pumpkin, about 4 pounds	1	
onions, medium	3	
carrots, medium	7	
romaine lettuce	1 head	
fresh sage leaves	12	
fresh ginger	1" piece	
grape or cherry tomatoes	1/2 cup	
frozen corn	4 cups	
baby spinach	14 cups	about 1-1/2 pounds
Yukon Gold potatoes, large	4	

Dairy	Quantity	Notes
2% milk	3 cups	
eggs, large	3	need 3 egg whites
unsalted butter	5 Tablespoons	
cheddar cheese, shredded	3 cups	
Monterey Jack cheese	1 cup	

Bakery/Misc	Quantity	Notes
diced tomatoes	1 can	14.5 ounce can
dried cranberries	1/2 cup	
chopped nuts	1/4 cup	nuts of your choice

Pantry Essentials	Quantity	Pantry Essentials	Quantity
olive oil	1/4 cup	dried oregano	
grapeseed oil		herbes de provence	
balsamic vinegar		ground cumin	3/4 teaspoon
white wine vinegar		raw honey or 100% maple syrup	
chicken or veggie broth: low sodium	3-1/2 cups	organic tomato paste	2 - 6 oz cans
garlic	6 cloves	Dijon mustard or brown mustard	
kosher salt	4-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
black pepper	1 teaspoon	whole grain macaroni	1-1/2 pounds
cayenne pepper	1/2 teaspoon	long grain brown rice (dry)	1-1/2 cups
paprika (sweet Hungarian)	1 teaspoon	whole wheat flour	1/3 cup