

## 70 MEALS, ONE TRIP TO THE STORE

# Semiannual Shopping List

*Quantities are general, and are based on cooking for 4 people. If you will be cooking for larger or smaller groups, adjust the quantities accordingly.*

### CANNED GOODS

- Canned tomato soup, 3 - 10.5 oz. cans
- Canned diced tomatoes, 12 - 14 oz. cans
- Chicken broth, either 8 - 14 oz. cans or packaged bouillon to make your own broth
- Canned or dry black beans, 6 - 15 oz. cans, or equivalent
- Canned cream of mushroom soup, 6 - 10.5 oz. cans
- Canned mushrooms, 6 - 4 oz. cans
- Canned marinated artichoke hearts, 2 - 4 oz. cans
- Tomato paste - 8 - 6 oz. cans

### CONDIMENTS

- Soy Sauce, 10 oz.
- Olive oil, 1 liter
- Vegetable oil, 1 liter
- Jar of diced garlic, 12 oz. (or add fresh garlic to your weekly list if you prefer)
- Balsamic vinegar, 10 oz.
- Worcestershire sauce, 12 oz.
- Dijon mustard, 8 oz.
- Hot sauce, 8 oz. (Buy a sauce that suits your "heat" preference. There are mild hot sauces that will still add the required flavor).
- Bottled lemon juice, 8 oz.

### DRY GOODS

- Rice, 5 lb. bag
- Flour, 5 lb. bag
- Yeast, 4 oz. jar
- Corn bread mix, 2 packages
- Pasta: 4 lbs. spaghetti noodles, 3 lbs. rotini, macaroni or other thick noodles
- Salt, 8 oz.
- Pepper, 4 oz.
- Garlic salt, 4 oz.
- Italian Seasoning (this is a spice combination), 4 oz.
- Taco seasoning, 6 oz.
- Bread crumbs, 10 oz. canister
- Parmesan cheese, 2- 10 oz. canisters
- Honey, 8 oz. jar
- Powdered Italian dressing mix - 6 single serving packets
- Chopped pecans, 8 oz.

### FREEZER AISLE

- Frozen spinach, 2 - 10 oz. packages
- Frozen mixed vegetables (mixture of peas, carrots, etc.) 2 - 2 lb. bags
- 2 packages of 2-crust pie crusts



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## Weekly Shopping List

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### PRODUCE

*Purchase quantities based on what you plan to use for the week. If you aren't sure you will use the produce in recipes, you can always cut and serve it with, or as, a side salad*

- 3 Onions
  - 2 Green bell peppers
  - Lettuce, your preference, equivalent to 1 head
  - 1 Tomato
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### BUTCHER

- Ground beef, 2 lbs.

*As a general guideline, 85% lean ground beef is the most versatile. It is inexpensive, contains great flavor, and holds its shape nicer than some of the leaner ground meats. Feel free to substitute other ground meat, but when using ground poultry or pork, cook at a slightly lower temperature. Ground meat can be frozen for up to 3 months. Defrost in the refrigerator overnight, or in the microwave.*

- 8 Fish fillets

*Orange roughy, tilapia and halibut are the most versatile; salmon or other fish filets can also be used.*

- 8 boneless skinless chicken breasts
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### DAIRY

- Eggs, 1 dozen
- Butter, 1 package, equivalent to 2 cups
- Milk

*Your preference (the skimmer the milk, the thinner the creaminess of the recipes). If you don't drink milk in your household, you can opt to take milk off your weekly list, and add canned condensed milk to your Semiannual Shopping List. Dilute with an equal amount of water for the quantity called for in the recipe i.e. if the recipe calls for 1 cup of milk, use ½ cup water and ½ cup condensed milk.*

- Shredded Mozzarella cheese, 16 oz.
  - Shredded Monterey jack/cheddar cheese blend, 16 oz.
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### BAKERY

- Bread item, (1 loaf of bread, or 8 rolls, 8 pita, etc.)
- Tortillas, 8 large

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