

POSITIVELY STACEY

September Dinner Shopping List

Sunday, September 24 - Saturday, September 30

From the Pantry:

Extra Virgin Olive Oil
Vegetable Oil
Kosher Sea Salt
Freshly Ground Pepper
Balsamic Vinegar
Soy Sauce
Dry Sherry, 2 tablespoons
Cornstarch
Cumin, ground
Chili Pepper, ground
Bay Leaf, 1

Canned/Dried Foods:

Italian plum tomatoes, 28-ounce
Polenta
Applesauce
Chicken Broth, 1/2 cup
Red Pasta Sauce
Pasta, 1 pound
Black Beans, whole
Corn
Salsa

Meat Counter:

Rump or Chuck Beef Roast, 3 1/2 to 4 pound
Pork Loin
Boneless Skinless Chicken Breast, 6 oz.
Ground Turkey, 1 pound
Ground Beef, 1 pound

Dairy Aisle:

Fontina Cheese
Milk, 1/4 cup
Eggs, 6
Mexican Cheese, shredded

Bread Aisle:

Fresh Produce:

Fresh Sage, 1 Tbsp finely chopped
Fresh Flat Leafed Parsley, 2 Tbsp.
Garlic Cloves, 5
Avocado
Red Onion, 1
Yellow Onion, 1
Celery Stalk, 1
Carrot, 2 large
Favorite Bagged Salad
Russet Potato, 3 large
Green Beans
Zucchini, 2
Broccoli Florets, 1 cup
Red Bell Pepper, 1 large
Green Onions, 6
Head Lettuce

Freezer:

Fire Roasted Vegetables with Balsamic Butter Sauce from Trader Joe's, 1 bag

Other:

3 cups medium-bodied Italian red wine
– Chianti works well