

# Dine Without Whine - Sample Shopping List

## Fresh Produce

- (C\*) green beans – enough for family
- (D\*) tomatoes – 3
- (D\*, F, G) onions – 1, red onion (2)
- (D\*) fresh basil – 1 3/4 cups
- (E) ginger root – 1
- (E\*) orange slices – enough for family
- (F, I) peppers – green (1), red (1/2)
- (G) potatoes – 4
- (G) carrots – 6
- (G\*) grapes – enough for family
- (H) strawberries – 10
- (H) banana – 1/2
- (I) fresh cilantro – 3 sprigs
- (K) apples – 5 cups (about 4 large)

## Bakery / Bread

- (A\*) bread sticks – enough for family
- (D\*) Italian bread – 4 cups
- (I) corn tortillas – 10 (6 inches each)

## General Grocery / Beverages

- (H) orange juice – 1 cup
- (K) lemon juice – 1 tablespoon

## General Grocery / Cooking and Baking

- (B, B\*, D\*, J) salt – to taste, 1/2 teaspoon; garlic salt (1/2 teaspoon)
- (B\*, D, D\*, E) pepper – to taste, 1/4 teaspoon
- (B\*, J, K) flour – 3 tablespoons, 3 cups; whole wheat flour (1/3 cup)
- (B\*, J, K) sugar – 2 tablespoons, 3/4 cup; brown (1 1/3 cups)
- (C, D\*, E) oils – 3 tablespoons, Olive (1 cup), Vegetable (2 tablespoons)
- (E) cornstarch – 1 teaspoon
- (I) cumin – 1 teaspoon
- (J) baking soda – 2 teaspoons
- (J) vanilla extract – 1 teaspoon
- (K) cinnamon – 1/2 teaspoon
- (K) allspice – 1/2 teaspoon
- (K) nutmeg – dash
- (K) wheat germ – 1/4 cup
- (K) chopped nuts – 1/2 cup

## General Grocery / Condiments and Sauces

- (C) mustard – 2 tablespoons
- (E) soy sauce – 2 tablespoons
- (F) barbecue sauce – 1/2 to 1 cup

## General Grocery / Dry Food and Mixes

- (A) taco seasoning mix – 1 packet (4 1/2 ounces)
- (C) instant potato flakes – 1 cup
- (D) fettuccine pasta – 1 package (6 ounces)
- (E\*) rice – enough for family
- (G) dry onion soup mix – 1 box (1 1/2 ounces)
- (H) non-fat dry milk powder – 3 tablespoons

## General Grocery / Canned and Bottled

- (A) stewed tomatoes – 1 can (14 1/2 ounces)
- (A) kidney beans – 1 can (15 ounces)
- (A) tomato sauce – 1 can (8 ounces)
- (B\*, I) corn – 1 cup, recipe I calls for 1 can (11 ounces) of corn with red and green peppers
- (D, G) cream of mushroom soup – 2 cans (10 3/4 ounces each)
- (F\*) pineapple – enough for family
- (I) black beans – 1 can (15 ounces)
- (I) condensed nacho cheese soup – 1 can (10 3/4 ounces)
- (J) chunky peanut butter – 1 cup

## General Grocery / Snacks

- (B) round buttery crackers – 1 cup

## Frozen

- (D) frozen chopped broccoli – 2 cups

## Dairy / Refrigerated

- (B, J, K) butter or margarine – 1 1/2 cups, 1/3 cup
- (B, C, I, J) eggs – 12
- (B\*, D, I) milk – 1/2 teaspoon, 2 1/2 cups
- (D, F, I) cheese – Parmesan (3/4 cup), shredded mozzarella (1 cup), shredded cheddar (1/2 cup)
- (F) pizza crust – 1

## General Grocery / Cereal

- (K) old-fashioned oats – 1 cup

## Meat / Fish

- (A) ground beef – 1 pound
- (B, F) boneless skinless chicken breasts – 4, 2 cups
- (B\*) bacon – 2 slices
- (C) pork loin cutlets – 2 pounds
- (D) cooked turkey – 3 cups
- (E) beef sirloin steaks – 1 pound
- (G) beef chuck roast – 3 to 4 pounds