



# CROCKTOBER

## SHOPPING LIST



### **PRODUCE:**

- 3-4 yellow onions
- 1 sweet potato
- 1 medium-large apple
- 1 head cauliflower
- 1 pack Celery
- 1 pack Carrots
- Raw spinach (need 1 ½ cups)
- Small package frozen corn

### **FRESH MEATS:**

- 1 lb lean ground turkey
- 2 lbs Boneless regular cut Pork Chops (or Pork Loin)
- 4-5 lbs boneless skinless chicken breast

### **CANNED/JARRED GOODS:**

- 1 can green chiles
- 2 cans white beans (northern)
- 15 oz. (1 can) black beans
- 15 oz. (1 can) chili beans
- 14 oz. (1 can) kidney beans
- 2 6 oz cans tomato paste
- 2 cans (15 oz each) diced tomatoes (fire-roasted recommended)
- 2 cans chickpeas (garbanzo beans)
- Light coconut milk
- 1 Jar Mild curry paste
- 9 cups Chicken Broth or Stock (low-sodium, organic preferred)
- 1 1/4 cup Vegetable Broth (low-sodium, organic preferred)
- Honey (raw organic is best)

### **GRAINS:**

- Uncooked quinoa (need ¾ cup)



# CROCKTOBER

## SHOPPING LIST



### **DAIRY:**

- 1 container Parmesan cheese shredded - 1
- Cheddar cheese (optional for chili)
- 1 container Plain greek, lowfat yogurt (optional for chili)

### **PANTRY/SPICES:**

- Braggs liquid aminos or low sodium soy sauce
- Jarred garlic in water
- Salt
- Pepper
- Garlic salt
- Ground Ginger
- Italian seasoning
- Oregano
- Basil
- Garlic powder
- Stone ground mustard (or mustard of your choice)

### **1 envelope taco seasoning OR combine the following for homemade taco seasoning**

- 1 tbs chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 tsp salt
- 1 tsp pepper
- ¼ tsp oregano
- ½ tsp paprika
- 1 ½ tbs cumin