

# Produce

- ☐ 5 potatoes (1)
- ☐ Green onions (1)
- ☐ Side Salad (1,4)
- ☐ 1 onion (2)
- ☐ 3 garlic cloves (2)
- ☐ 1 large carrot (2)
- ☐ 2 celery stalks (2)
- ☐ 2 cups sliced mushrooms (4)
- ☐ 2 tsp garlic (4)
- ☐ Carrots (5)
- ☐ Potatoes (5)
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## Meat/Fish

- ☐ Medium/Large Shrimp (3)
- ☐ 5 cups (about 2.5 lbs)  
shredded cooked chicken  
(4)
- ☐ 3-4 lb top roast (5)
- ☐
- ☐
- ☐

## Canned/ Packaged

- ☐ Bacon Bits (1)
- ☐ Black Olives (1)
- ☐ 4 cups chicken broth (2)
- ☐ GF Cornbread (2)
- ☐ Cocktail Sauce (3)
- ☐ Summer Sausage (3)
- ☐ Crackers (3)
- ☐ Christmas Cookies (3)
- ☐ Christmas Candy (3)
- ☐ Sparkling Grape Juice (3)
- ☐ 6 cups long grain brown rice (4)
- ☐ 1 cup evaporated milk (6)
- ☐ ½ tsp hot sauce (6)

## Spice/Staples

- [illegible]

# Freezer

- [illegible]

# Refrigerator

- ☐ Sour cream (1)
- ☐ Butter (1, 2, 4,)
- ☐ 1 cup half and half (2)
- ☐ Cream cheese (3)
- ☐ 2 packs budding beef (3)
- ☐ 1 jar dill pickle spears (3)
- ☐ Select Cheeses (3)
- ☐ 1 ½ cups milk (4)
- ☐ 16 oz shredded cheddar (4)
- ☐ 8 oz extra sharp cheddar cheese (6)

## This week's Meal Plan

- 1 Baked Potato Bar
- 2 Creamy Cauliflower Chowder
- 3 Appetizers
- 4 Chicken Broccoli Rice Casserole
- 5 Traditional Pot roast
- 6 Pot Roast Horseshoe