

■ CROCKTOBER

Complete 31-Recipe Grocery Checklist

MEAT

- Chicken breasts — about 44 (roughly 22–25 lb)
- Ground beef — 6 lb
- Pork loin — 3 lb
- Beef stew meat — 2 lb
- Bacon — 1 package
- Cooked shredded BBQ chicken — 2 cups (or use leftovers)
- Chicken thighs — 6
- Pork shoulder — 3 lb
- Chuck roast — 9–10 lb
- Beef tips — 2 lb
- Frozen meatballs — 2 lb

PRODUCE

- Potatoes — 10–12 lb total
- Carrots — enough for 1 cup shredded + 4 whole
- Fresh spinach — 2 cups
- Garlic — 2 bulbs
- Sun-dried tomatoes — 1 jar
- Onions — 7
- Broccoli — 4 cups
- Green onions — 1 bunch
- Pepperoncini peppers — 1 jar

FROZEN

- Frozen green beans — 2 bags
- Frozen mixed vegetables — 2 bags

CANNED & JARRED

- Cream of chicken soup — 6 cans
- Alfredo sauce — 3 jars
- Marinara sauce — 1 jar
- Diced tomatoes — 7 cans
- Kidney beans — 5 cans
- White beans — 4 cans
- Diced green chiles — 1 can
- Evaporated milk — 1 can
- BBQ sauce — 1 bottle
- Cream of mushroom soup — 3 cans
- Pasta sauce — 1 jar
- Tomato sauce — 1 can
- Rotel — 1 can
- Black beans — 2 cans
- Corn — 3 cans
- Pumpkin puree — 1 can
- Salsa — 1 large jar

DAIRY & CHEESE

- Cream cheese — 32 oz
- Mozzarella — 1 large package
- Provolone — 1 package
- Half-and-half — 1 pint
- Milk — 1 quart
- Shredded cheddar — about 3 lb
- Parmesan — 1 container
- Sour cream — 32 oz
- Heavy cream — 1 pint
- Butter — 1 lb package

PASTA, BREAD & GRAINS

- Stuffing mix — 1 box
- Pasta — 1 lb for Chicken Bacon Ranch
- Macaroni — 1 lb
- Extra noodles or potatoes for Beef Tips & Gravy
- Tortillas — 1 large package
- Rice — 1 bag
- Fettuccine — 1 lb
- Lasagna noodles — 8 oz
- Pasta — 1 package for Chicken Parmesan
- Refrigerated biscuits — 2 packages
- Hoagie rolls — 1 package

SEASONINGS & PACKETS

- Chili seasoning — 2 packets
- Taco seasoning — 4 packets
- Onion soup mix — 2 packets
- Beef gravy mix — 1 packet
- Garlic seasoning
- Italian seasoning
- Salt
- Ranch seasoning — 5 packets
- Au jus mix — 2 packets
- Brown gravy mix — 2 packets
- Garlic powder
- Onion powder
- Paprika
- Black pepper

PANTRY & EXTRAS

- Honey
- Ketchup
- Brown sugar
- Tortilla chips
- Soy sauce
- Worcestershire sauce
- Black olives
- Foil

FREEZER TIP: Buy the chicken and other meats in family packs, divide into meal-sized portions, label them by recipe number, and freeze. That makes the month MUCH easier!