



Grocery Shopping List: Easy Summer Recipes

<p>Meats and Proteins:</p> <p><input type="checkbox"/> 5 cups shredded medium cheddar</p> <p><input type="checkbox"/> 1 cup of ham or 1 can of Spam</p> <p><input type="checkbox"/> 1 cup cottage cheese</p> <p><input type="checkbox"/> 1 3-4 lb. chicken fryer</p> <p><input type="checkbox"/> 2 eggs</p> <p><input type="checkbox"/> 1/2 lb. breakfast sausage</p> <p><input type="checkbox"/> 6 boneless, skinless chicken breasts</p> <p><input type="checkbox"/> 2 pounds skinless, boneless chicken thighs</p> <p><input type="checkbox"/> 1 pound ground beef</p>	<p>Vegetables/Fruits:</p> <p><input type="checkbox"/> 1 can of green chilies</p> <p><input type="checkbox"/> 10 Potatoes</p> <p><input type="checkbox"/> 1 large red pepper</p> <p><input type="checkbox"/> 1 large sweet onion</p>
<p>Liquids:</p> <p><input type="checkbox"/> 1 can evaporated milk</p> <p><input type="checkbox"/> 5 1/2 cups milk</p> <p><input type="checkbox"/> 2 cups pineapple juice</p> <p><input type="checkbox"/> 2 tablespoon Worcestershire sauce</p> <p><input type="checkbox"/> 1/4 cup soy sauce</p> <p><input type="checkbox"/> 1 tablespoon olive or vegetable oil</p> <p><input type="checkbox"/> 1/4 cup cider vinegar</p>	<p>Spices:</p> <p><input type="checkbox"/> salt</p> <p><input type="checkbox"/> pepper</p> <p><input type="checkbox"/> 1 teaspoon chili powder</p> <p><input type="checkbox"/> 1 teaspoon ground chipotle chile pepper</p> <p><input type="checkbox"/> 1 package taco seasoning mix</p>
<p>Other:</p> <p><input type="checkbox"/> Butter or margarine</p> <p><input type="checkbox"/> 1 can (10 3/4 ounces) Tomato Soup</p> <p><input type="checkbox"/> 1 cup Chunky Salsa</p>	<p>Grains / Baking:</p> <p><input type="checkbox"/> 4 cups raw macaroni</p> <p><input type="checkbox"/> 2 cups + 4 Tbs all purpose flour</p> <p><input type="checkbox"/> 2 tablespoon sugar</p> <p><input type="checkbox"/> 2 tablespoon packed brown sugar</p> <p><input type="checkbox"/> 1 package hamburger buns</p> <p><input type="checkbox"/> 1 package Puff Pastry Sheets (2 sheets)</p>