



UW Cooperative Extension Service

Cent\$ible Nutrition Program

"Helping Families Eat Better for Less"

Grocery List For Cook Once: Eat for 2 Weeks

Canned & Packaged Goods	Staples	Fruits & Vegetables	Breads & Cereals
1 15 oz. can chunky tomato sauce ½ cup salsa 2 6 oz. cans tomato paste or 2 10 oz. cans tomato soup 3 15 oz. cans tomato sauce 1 8 oz. Can tomato sauce 1 16 oz. can of tomatoes 2 4 oz cans green chilies, chopped 1 can chili beans Large bottle spaghetti sauce 2 lbs. dry pinto beans 4 cups spaghetti sauce	salt pepper 12 cups all-purpose flour chili powder garlic, dry and cloves dried parsley dry mustard oregano basil Italian seasoning baking powder sugar canola oil 1 pkg. rapid rise yeast 1-3 cups whole wheat flour brown sugar 1 cup yellow cornmeal vinegar corn starch soy sauce lemon juice & lemon rind	5 onions 4 cups total of various vegetables for stir-fry (fresh or frozen) 1 large cabbage ½ lb. carrots variety of fruits and vegetables for side dishes	½ cup barley 1 lb. rice 1 pkg. hamburger buns 8 oz. macaroni, spaghetti or other pasta 8 oz. Macaroni 12 oz. Lasagna noodles For mini pizzas - bagels, English muffins or other bread 1 loaf of day-old bread
*Dairy Foods Non-fat powdered milk butter or margarine 4 cups shredded cheddar cheese 2½ cups mozzarella cheese 1 cup shredded American cheese ½ gallon lowfat milk 2 cups lowfat ricotta cheese 1 cup lowfat cottage cheese Parmesan cheese	*Meat & Poultry 8 lbs. lean ground beef 1 lb. lean pork 3 lbs. whole chicken Carton of eggs 1 lb. meat for stir-fry <div data-bbox="381 1596 982 1690" style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>* These foods need to be purchased last so their safety and quality are protected.</p> </div>	*Frozen Foods 1 pkg. frozen broccoli 1 pkg. frozen broccoli or spinach for lasagna	Freezing Supplies freezer or masking tape marker aluminum foil plastic wrap 4 9x13x2-inch baking dishes 15 1-gallon freezer bags 10 1-pint freezer bags 3 small foil bread pans or 1 8x8-inch baking dish 1 1-quart casserole dish

List includes 1½ batches of *Master Meat Sauce* (burritos, spaghetti, pizzas, sloppy joes & pastafazool), 1 batch *Master Mix* (tortillas for burritos and enchiladas), & 1 batch *Magic Mix* (broccoli rice casserole).