

Sustaining the POWERS

Crocktober 2014 Week 5 Shopping List

Bakery/Breads

- 1 package (8 count) hamburger buns

Baking Staples

- 2/3 cup brown sugar
- 1 teaspoon Olive Oil
- ¼ cup Flour

Pasta

- 16 oz dry macaroni or small pasta

Canned Goods

- 3/4 cup pumpkin puree
- 6 cups Low Sodium Chicken Broth
- 2 15-ounce cans Pumpkin puree
- 1 canned Chipotle Pepper
- 4 cups fat free vegetable broth
- 2 tbsp tomato paste
- 1 can evaporated milk

Condiments

- 1/4 cup apple cider vinegar
- 1 teaspoon Worcestershire sauce

Dairy

- ¼ C Heavy Cream
- 1/2 cup plain non-fat Greek yogurt
- 2.5 cups milk
- 1.5 cups shredded parmesan and romano cheese
- 1.5 cups shredded sharp cheddar cheese
- 4 oz cream cheese

Dry Beans and Rice

- 1 cup green lentils

Frozen Foods

- 2 cup Frozen Corn Kernels

Meat

- 3 pound pork roast
- 2 cups Rotisserie Chicken, shredded
- 1 C crumbled bacon*

Produce

- 1 Red Onion
- 1 large onion
- 1 pound Red New Potatoes
- 2lbs fresh pumpkin or butternut squash, cut into bite sized pieces
- Juice from 1 lime
- Fresh cilantro
- 1 shallot

Seasonings

- 1 teaspoon pumpkin pie spice
- 3 1/2 teaspoon salt
- 1 teaspoon maple extract
- 1 tbsp cumin
- 1 tbsp ground ginger
- 1 tsp turmeric
- 1 1/8 tsp nutmeg
- 1 tsp black pepper
- 1/2 Tablespoon rubbed sage
- 2 teaspoons dry mustard powder

*Optional for topping chowder and mac & cheese