

# Grocery Shopping List

The following shopping list includes the ingredients needed to prepare the 12 “Meal Planning Made Easy” recipes on the Nebraska Beef Council website. It also includes some additional items noted with an \* for consideration as simple sides.

## BEEF

- ☐ 4 lb Chuck Roast
- ☐ 4 lb Ground Beef
- ☐ 2 pkgs Dried Beef
- ☐ 1 pkg Beef Polish Dogs
- ☐ 4 lb Bag Beef Meatballs

## DAIRY

- ☐ 16 oz Sour Cream
- ☐ 8 Slices American Cheese
- ☐ 4 c Shredded Cheddar
- ☐ 2 c Shredded Mozzarella
- ☐ 1 pkg Cream Cheese
- ☐ 5 Eggs

## FRUITS + VEGETABLES

- ☐ 2 Green Peppers
- ☐ 2 pkgs Sliced Mushrooms
- ☐ 10 oz Bag Frozen Hashbrowns
- ☐ 2 Large Sweet Potatoes
- ☐ 16 oz Bag Frozen Vegetables
- ☐ 1 Large Onion
- ☐ 4 Potatoes
- ☐ 1 pkg Mini Peppers
- ☐ Baby Carrots\*
- ☐ Grapes\*
- ☐ Apples\*
- ☐ Lettuce\*

## DRY GOODS

- ☐ 3 lbs Elbow Macaroni
- ☐ 1 pkg Hotdog Buns
- ☐ 6 oz Can Tomato Sauce
- ☐ 2 – 29 oz Caned Diced Tomatoes
- ☐ 32 oz Beef Broth
- ☐ 1 – 12 oz pkg Egg Noodles
- ☐ 2 Premade Pizza Crusts
- ☐ 1 Can Mushroom Soup
- ☐ 1 pkg Taco Seasoning
- ☐ 1 Box Crackers
- ☐ 1 Bottle BBQ Sauce
- ☐ 1 Jar Apricot Jelly

