

Warm and Cozy Dinners – 7 Night Meal Plan

Shopping Checklist

Baked Goods:

- 1 Pack Martin's Sandwich Potato Rolls
- 1 Pack Martin's Whole Wheat Potato Rolls
- 1 Pack Martin's Whole Wheat Potato Bread
- 1 Pack Martin's Old-Fashioned Real Butter Bread

Fresh Produce:

- 2 Large Butternut Squash (about 5 pounds total, divided)
- 4 Medium Tart Apples (such as Granny Smith), divided
- 6 Medium Sweet Apples (such as Honeycrisp), divided
- Unsweetened Apple Cider (2 $\frac{3}{4}$ cups total, divided)
- Lemon (1 tbsp. juice)
- 1 Large Bunch Kale, divided
- 1 Small Medium Napa or Green Cabbage
- Arugula (abt. 1 cup)
- 1 Scallion
- 5 Medium Yellow Onions, divided
- 2 Red Bell Peppers
- 1 Jalapeño Pepper
- 2-3 Large Potatoes
- 2-3 Carrots (abt. 1 cup)
- Garlic (abt. 2 tbsp.)
- Fresh Rosemary (2-3 sprigs)
- Fresh Sage (abt. 2 tbsp.)

Meat:

- Pork Tenderloin (1-2 lbs.)
- Boneless, Skinless Chicken Breasts or Thighs (2 lbs.)
- Lean Ground Beef (1-1 $\frac{1}{2}$ lbs. to have leftovers)

Dairy:

- Butter (3-4 tbsp. total, divided)
- Whole Milk (2 cups)
- Cream ($\frac{1}{4}$ cup)
- Freshly Grated Parmesan Cheese (5 tbsp. total, divided)
- Brie Cheese (abt. 4 oz.)

Condiments:

- Mayonnaise ($\frac{1}{4}$ cup)
- Horseradish or Spicy Mustard ($\frac{1}{4}$ cup)
- Ketchup (1 tbsp.)
- Worcestershire Sauce (1 tsp.)
- Maple Syrup, for serving

Herbs/Spices:

- Kosher Salt (to taste, divided)
- Black Pepper (to taste, divided)
- Ground Cinnamon (3 ¼ tsp. total, divided)
- Vanilla Extract (1 ½ tbsp.)
- Poultry Seasoning (1 tbsp.)
- 1 Star Anise
- 12 Whole Cloves
- Nutmeg (¾ tsp. powder, or ½ tsp. freshly grated)
- Cayenne Pepper (1 tsp. total, divided)
- Granulated Garlic Powder (1 tsp.)
- Chili Powder (3 ½ tsp. total, divided)
- Steak Seasoning (1 tsp.)
- Dried Oregano (1 ½ tsp.)
- Smoked Paprika (½ tsp.)

Canned/Dried Goods:

- 1 Can (16 oz.) Pitted Sour Red Cherries
- Chicken Stock (3-4 cups total)
- Vegetable Broth (3 cups total)
- Pecans (½ cup)
- Tomato Paste (2 tbsp.)
- 1 Can (14.5 oz.) Unsalted Diced Tomatoes
- 1 Can (15 oz.) Unsalted Black Beans
- 1 Can (15 oz.) Unsalted Kidney Beans
- 1 Can (15.5 oz.) Unsalted Chickpeas (Garbanzo Beans)
- 1 Can (15.8 oz.) Unsalted Great Northern Beans
- 1 Can (16 oz.) Unsalted Pinto Beans

Frozen:

- Frozen Mixed Vegetables – peas, carrots, or mixed (1/3 cup total)

Kitchen Staples:

- 6 Large Eggs
- Granulated Sugar (1 ½ cups, plus 1 ½ tbsp., divided)
- Brown Sugar (1 tsp.)
- White Vinegar (¼ cup)
- Apple Cider Vinegar (2 tbsp. total, divided)
- Water (¼ cup)
- Cornstarch (¼ cup)
- Olive Oil (abt. 1 cup total, divided)
- Canola Oil (1 tbsp.)
- Honey (¼ cup)