

# Shopping List

## PRODUCE:

- Butternut squash, 11 cups cubed total  
*(roughly 2 medium squash. If buying pre-cut, about 3½–4 lbs)*
- Brussels sprouts, about 2 lbs
- Baby spinach, 1 large 8–10 oz bag
- Apples, 2
- Purple onions, 2 small
- Garlic, 1 bulb

## MEAT:

- Italian sausage, 1 lb
- Chicken breasts and/or thighs, about 4½–5 lbs total
- Ground beef, 1 lb

## DAIRY:

- Heavy cream, 1 pint
- Grated Parmesan, at least ½ cup

## PASTA + GRAINS

- Pasta, 1 lb
- Rice or quinoa, about 2 cups dry

*Dishing Up Chic*

*Five dinners. Three anchor ingredients. One easier week of meals.*

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## PANTRY + CONDIMENTS

- ☐ 2 Chicken broth cartons (32 oz each)
- ☐ Maple syrup
- ☐ Dijon mustard
- ☐ Balsamic vinegar
- ☐ Dried cranberries
- ☐ Maple-Dijon dressing
- ☐ Olive oil
- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Salt
- ☐ Black pepper
- ☐ Honey, optional

## OPTIONAL EXTRAS

- ☐ Crusty bread
- ☐ Carrots
- ☐ Celery
- ☐ Mushrooms
- ☐ Extra onion



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