

## APPENDIX C: THE BIG COOK GROCERY LIST

### GENERAL:

- |       |   |       |  |
|-------|---|-------|--|
| _____ | Almonds (slivered)  | _____ | Honey  |
| _____ | Apple Cider Vinegar   | _____ | Horse Radish   |
| _____ | Apple Juice   | _____ | Italian dressing                                     |
| _____ | Apricot Jam   | _____ | Ketchup  |
| _____ | Bacon Bits (real pieces/bits)   | _____ | Kidney Beans<br>(can, red, 14oz / 398ml)             |
| _____ | Barbeque Sauce  | _____ | Lemon Juice  |
| _____ | Barley  | _____ | Lime Juice   |
| _____ | Beef Broth (10oz / 284ml)   | _____ | Liquid Smoke   |
| _____ | Beef Boullion   | _____ | Long grain rice<br>( <i>add at time of cooking</i> ) |
| _____ | Beef Consomme (10oz / 284ml)  | _____ | Maple Syrup  |
| _____ | Bread Crumbs  | _____ | Mayonnaise   |
| _____ | Brown Sugar   | _____ | Molasses   |
| _____ | Chicken Broth (10oz / 284ml)<br><i>Try to get with garlic and herbs</i> | _____ | Mushrooms<br>(drained, pieces, 10oz / 284ml)         |
| _____ | Chili Sauce   | _____ | Mushroom Soup (10oz / 284ml)                         |
| _____ | Chow mein noodles   | _____ | Mustard (prepared)                                   |
| _____ | Cider Vinegar   | _____ | Oatmeal (rolled or instant)                          |
| _____ | Corn Starch   | _____ | Oil (cooking)  |
| _____ | Corn Tortillas (soft, 6")   | _____ | Orange Juice   |
| _____ | Cranberry Sauce   | _____ | Pasta (elbow)  |
| _____ | Cream Corn<br>(can, 14oz / 398ml)                                       | _____ | Pasta (lasagna noodles,<br>bite sized pieces)        |
| _____ | Cream of Chicken Soup<br>(10oz / 284ml)                                 | _____ | Pasta (tiny shell)                                   |
| _____ | Curry Paste/Sauce<br>(mild or hot, 10oz / 284ml)                        | _____ | Pasta (own choice)                                   |
| _____ | Dijon Mustard   | _____ | Pasta (tricolor or own choice)                       |
| _____ | Evaporated Milk<br>(5-1/2oz / 160ml)                                    | _____ | Peanuts (salted)                                     |
| _____ | Fettuccine Noodles  | _____ | Peanut Butter  |
| _____ | Flour   | _____ | Pecans (ground)                                      |
| _____ | Flour Tortillas   | _____ | Pineapple Chunks<br>(can, 19oz / 540 ml)             |
| _____ | Graham Cracker Crumbs   | _____ | Pineapple Slices<br>(can, 19oz / 540ml)              |

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- \_\_\_\_\_ Pork and Beans in tomato sauce  
(28oz / 796ml)
- \_\_\_\_\_ Raisins
- \_\_\_\_\_ Red Wine
- \_\_\_\_\_ Rice (instant)
- \_\_\_\_\_ Rice (long grain)
- \_\_\_\_\_ Rice Vinegar
- \_\_\_\_\_ Russian Dressing
- \_\_\_\_\_ Salsa
- \_\_\_\_\_ Seasoned Stuffing Mix
- \_\_\_\_\_ Sesame Oil
- \_\_\_\_\_ Sherry cooking wine (dry)
- \_\_\_\_\_ Soy Sauce
- \_\_\_\_\_ Spaghetti (uncooked)
- \_\_\_\_\_ Sugar
- \_\_\_\_\_ Sweet and Sour BBQ sauce
- \_\_\_\_\_ Sweet Pickle Relish
- \_\_\_\_\_ Taco Seasoning Mix  
(1pkg or 4 tbsp)
- \_\_\_\_\_ Tapioca
- \_\_\_\_\_ Tomatoes (can, diced 28oz/796ml)  
*If possible buy Italian*
- \_\_\_\_\_ Tomato Paste (5-1/2oz / 156ml)
- \_\_\_\_\_ Tomato Sauce (14oz / 398ml)  
*With herbs if possible*
- \_\_\_\_\_ Tomato Soup (10oz)
- \_\_\_\_\_ Tortillas Shells (flour, 12")
- \_\_\_\_\_ Vinegar
- \_\_\_\_\_ White Wine (dry)
- \_\_\_\_\_ White Wine Vinegar
- \_\_\_\_\_ Worcestershire Sauce

## PRODUCE:

- \_\_\_\_\_ Apples (cooking, cored  
and wedged)
- \_\_\_\_\_ Bell Pepper (green, chopped)
- \_\_\_\_\_ Bell Pepper (green, strips)
- \_\_\_\_\_ Bell Pepper (red &/or  
yellow, chopped)
- \_\_\_\_\_ Bell Pepper (red &/or  
yellow, strips)
- \_\_\_\_\_ Bell Pepper (red,yellow,  
green, chopped)
- \_\_\_\_\_ Celery (diced, cups)
- \_\_\_\_\_ Garlic Cloves (minced)
- \_\_\_\_\_ Ginger Root (grated)
- \_\_\_\_\_ Green Onion (chopped)
- \_\_\_\_\_ Jalapeno Pepper (small)
- \_\_\_\_\_ Lemon Rind/peel
- \_\_\_\_\_ Lime Rind/peel
- \_\_\_\_\_ Mangos
- \_\_\_\_\_ Mushrooms (fresh)
- \_\_\_\_\_ Onion (chopped fine,minced)
- \_\_\_\_\_ Onion (chunks)
- \_\_\_\_\_ Onion (sliced)
- \_\_\_\_\_ Orange Rind
- \_\_\_\_\_ Parsley Fresh
- \_\_\_\_\_ Pea Pods
- \_\_\_\_\_ Pepper (black)
- \_\_\_\_\_ Pepper (white)
- \_\_\_\_\_ Potatoes
- \_\_\_\_\_ Red Onion (diced)
- \_\_\_\_\_ Thyme (dried)

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## DAIRY:

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- \_\_\_\_\_ Eggs
- \_\_\_\_\_ Cheddar Cheese (grated)
- \_\_\_\_\_ Cheese (sharp, grated)
- \_\_\_\_\_ Colby Cheese (grated)
- \_\_\_\_\_ Cottage Cheese
- \_\_\_\_\_ Heavy Cream (or Half and Half)
- \_\_\_\_\_ Margarine or Butter (cubed)
- \_\_\_\_\_ Milk
- \_\_\_\_\_ Mozzarella Cheese (grated)
- \_\_\_\_\_ Parmesan Cheese (grated)
- \_\_\_\_\_ Provolone or Romano Cheese (grated)
- \_\_\_\_\_ Sour Cream
- \_\_\_\_\_ Swiss Cheese (slice or grated)  
*Do not buy processed slices*

## SPICE:

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- \_\_\_\_\_ Basil (dry)
- \_\_\_\_\_ Bay Leaf
- \_\_\_\_\_ Cayenne Pepper
- \_\_\_\_\_ Chicken Bouillon Powder
- \_\_\_\_\_ Chilies (dried crushed)
- \_\_\_\_\_ Chili Powder
- \_\_\_\_\_ Cinnamon (ground)
- \_\_\_\_\_ Cloves (ground)
- \_\_\_\_\_ Coriander
- \_\_\_\_\_ Cumin
- \_\_\_\_\_ Curry Powder
- \_\_\_\_\_ Dijon Mustard
- \_\_\_\_\_ Garlic Powder
- \_\_\_\_\_ Gravy Browner (liquid)
- \_\_\_\_\_ Ginger (ground)

- \_\_\_\_\_ Italian Seasoning
- \_\_\_\_\_ Lemon-Pepper Seasoning
- \_\_\_\_\_ Montreal Steak Spice
- \_\_\_\_\_ Mustard (dry)
- \_\_\_\_\_ Mustard Seed
- \_\_\_\_\_ Onion flakes  
(dried, instant minced)
- \_\_\_\_\_ Onion Powder
- \_\_\_\_\_ Onion Soup Mix  
(1 pkg or 3 tbsp)
- \_\_\_\_\_ Oregano (dried)
- \_\_\_\_\_ Parsley (dried)
- \_\_\_\_\_ Paprika
- \_\_\_\_\_ Pepper (black)
- \_\_\_\_\_ Pepper (white)
- \_\_\_\_\_ Peppercorns
- \_\_\_\_\_ Rosemary (ground)
- \_\_\_\_\_ Salt
- \_\_\_\_\_ Seasoned Salt
- \_\_\_\_\_ Sugar
- \_\_\_\_\_ Tarragon (dry)
- \_\_\_\_\_ Thyme (dry)

## MEAT:

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- \_\_\_\_\_ Beef (lean, ground, cooked)
- \_\_\_\_\_ Beef (extra lean, ground, raw)
- \_\_\_\_\_ Beef (pot roast, 3-4 lbs)
- \_\_\_\_\_ Beef (boneless flank round steak)
- \_\_\_\_\_ Beef (stir fry strips)
- \_\_\_\_\_ Beef Stew Meat (cut in bite-size pieces)
- \_\_\_\_\_ Chicken (bone in)

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- \_\_\_\_\_ Chicken (boneless skinless breasts)
- \_\_\_\_\_ Chicken (boneless cubed)
- \_\_\_\_\_ Chicken Pieces (boneless thighs)
- \_\_\_\_\_ Chicken Pieces (boneless thighs/breasts)
- \_\_\_\_\_ Chicken (whole roasting)
- \_\_\_\_\_ Ground Chicken (lean)
- \_\_\_\_\_ Ground Pork
- \_\_\_\_\_ Ham Slices (sliced thin)
- \_\_\_\_\_ Toupee Ham (boneless, cooked, 2-3 lbs)
- \_\_\_\_\_ Toupee Ham (sliced 1/4" thick)
- \_\_\_\_\_ Toupee Ham (cubed, cups)
- \_\_\_\_\_ Pork Chops (bone in)
- \_\_\_\_\_ Pork Chops (bone, 1" thick)
- \_\_\_\_\_ Pork (cubed &/or strips)
- \_\_\_\_\_ Pork (cubed, strips or whole chops)
- \_\_\_\_\_ Pork Cutlets
- \_\_\_\_\_ Pork Loin Roast 5 lb (boneless/rolled & tied)
- \_\_\_\_\_ Pork Ribs (cut into individual Pieces)

Remember: \_\_\_\_\_ lbs x 0.454 = \_\_\_\_\_ kg

## FROZEN:

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- \_\_\_\_\_ Broccoli flowerets (frozen)
- \_\_\_\_\_ Carrots (sliced, frozen)
- \_\_\_\_\_ Carrots (baby, frozen)
- \_\_\_\_\_ Corn (frozen)
- \_\_\_\_\_ Cranberries (frozen)
- \_\_\_\_\_ Hash Browns (frozen, 1 kg pkg or 5 cups)

- \_\_\_\_\_ Peas (frozen)
- \_\_\_\_\_ Pea Pods (frozen)

## SUPPLIES:

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- \_\_\_\_\_ Aluminum Foil
- \_\_\_\_\_ Casserole Dishes (9 x 13, oven proof)
- \_\_\_\_\_ Casserole Dish (8 x 8, high sides 3", oven proof)
- \_\_\_\_\_ Freezer Bags (large)
- \_\_\_\_\_ Tin Foil Pans (8 x 8)
- \_\_\_\_\_ Tin Foil Pans (9 x 13)
- \_\_\_\_\_ Toothpicks
- \_\_\_\_\_ Zipper Bags (large)
- \_\_\_\_\_ Zipper Bags (medium)

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