

# The Kitchen Chalkboard

## Fall Meal Plan

### Shopping List\*

#### Canned Goods

- Chicken Broth (6+4 cups)
- White Beans

#### Dairy/Eggs

- Taco Cheese

#### Grains

- Spaghetti
- Long-grain White Rice
- Taco Shells

#### Meat & Seafood

- Ground Beef
- Ground Sausage, Chicken or Turkey
- Shrimp

#### Spices

- Taco Seasoning

#### Oils, Sauces, Vinegars

- Taco Sauce

#### Vegetables

- Acorn Squash
- Apples
- Arugula
- Butternut Squash
- Cabbage
- Carrots
- Celery
- Cherry Tomatoes
- Garlic
- Lemon
- Lettuce
- Mushroom
- Onions
- Parsley
- Red Onion
- Sage
- Tomatoes

\* Does not include pantry items. See <http://thekitchenchalkboard.com/well-stocked-kitchen/> for the complete list.