

APPENDIX D:

THE BIG COOK GROCERY LIST

GENERAL

- _____ Almonds (slivered)
- _____ Apple Cider Vinegar
- _____ Apple Jelly
- _____ Apple Juice
- _____ Apricots (dried)
- _____ Apricot Jam
- _____ Bacon Bits (real, crumbled)
- _____ Balsamic Vinegar (red)
- _____ Barbeque Sauce (your favorite)
- _____ Barley (pearl)
- _____ Beans (refried, can, 14 oz/398 ml)
- _____ Beef Broth
(1 box/30 oz/900 ml/4 cups, low sodium)
- _____ Beef Broth (can, 10 oz/284 ml, low sodium)
- _____ Beef Boullion (powdered)
- _____ Beef Consomme
(can, 10 oz/284 ml, low sodium)
- _____ Black Beans
(rinsed and drained, 19 oz/540 ml)
- _____ Bread Crumbs (fine)
- _____ Bread Crumbs (fine, seasoned)
- _____ Broth (vegetable or favorite)
(1 box/30 oz/900ml /4 cups, low sodium)
- _____ Brown Sugar
- _____ Buns (1 dozen)
- _____ Cannelloni Noodles
(oven ready, 7 oz/200 g box)
- _____ Capers (with liquid)
- _____ Catalina Dressing
- _____ Cheddar Cheese Soup (can, 10 oz/284 ml)
- _____ Cherries (pitted, maraschino or canned)
- _____ Chicken Bouillon (powdered)
- _____ Chicken Broth
(1 box/30 oz/900 ml/4 cups, low sodium)
- _____ Chili Sauce
- _____ chow mein noodles
- _____ Cider Vinegar
- _____ Coconut (medium, unsweetened)
- _____ Coconut Milk (can, 13 1/2 oz/400 ml)
- _____ Coke (diet if preferred)
- _____ Cooking Spray (optional)
- _____ Corn (kernel, can, 12 oz/341 ml)
- _____ Cornmeal
- _____ Corn Starch
- _____ Corn Tortillas (soft, 6")
- _____ Cracker Crumbs
- _____ Cranberries (dried)
- _____ Cranberry Sauce
can, jellied, 12 oz/348 ml)
- _____ Cream Corn (can, 14 oz/398 ml)
- _____ Cream of Celery Soup
(10 oz/284 ml, low sodium)
- _____ Cream of Chicken Soup
(10 oz/284 ml, low sodium)
- _____ Cream of Wheat Cereal (dry, uncooked)
- _____ Curry Paste (red, hot)
- _____ Dinner Buns
- _____ Dijon Mustard
- _____ Dry Split Peas
- _____ Egg Noodles (13 oz/375 g)
- _____ Evaporated Milk (5 oz/148 ml)
- _____ Evaporated Milk (12 1/2 oz/370 ml)
- _____ Fettuccine or favorite noodles
- _____ Figs (dried)
- _____ Fish Sauce
- _____ Flour (optional)
- _____ Flour or Corn Tortillas (12")
- _____ French Salad Dressing (clear)
- _____ Graham Cracker Crumbs
- _____ Green Chilis (chopped, 4 oz/127 ml)
- _____ Hoisin Sauce
- _____ Honey (melted)
- _____ Honey Mustard

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| _____ | Horseradish | _____ | Pasta (elbow, uncooked) |
| _____ | Hot Pepper Jelly | _____ | Pasta (lasagna noodles, bite sized pieces) |
| _____ | Hot Sauce | _____ | Pasta (penne, uncooked) |
| _____ | Italian Dressing | _____ | Pasta (rotini, uncooked) |
| _____ | Jam (cherry or grape) | _____ | Pasta (tricolor or own choice) |
| _____ | Ketchup | _____ | Pasta Sauce (favorite brand, 21 oz/700 ml) |
| _____ | Kidney Beans
(red, rinsed and drained, 14 oz/398 ml) | _____ | Peaches
(can, diced, undrained, 14 oz/398 ml) |
| _____ | Kidney Beans
(red, rinsed and drained, 19 oz/540 ml) | _____ | Peaches
(can, sliced, undrained, 16 oz/473 ml) |
| _____ | Lasagna Noodles (oven ready) | _____ | Peanut Butter |
| _____ | Lemon Juice | _____ | Peanuts (salted) |
| _____ | Lentils (dry, red) | _____ | Pears (can, diced, undrained, 14 oz/398 ml) |
| _____ | Lentils (canned, 19 oz/540 ml, drained) | _____ | Pecans (chopped) |
| _____ | Lime Juice | _____ | Pecans (ground) |
| _____ | Liquid Smoke | _____ | Pickled Onions (drained) |
| _____ | Macaroni (elbow, uncooked) | _____ | Pineapple (can, chunks, 14 oz/398 ml) |
| _____ | Mandarin Orange Slices
(can, 10 oz/284 ml) | _____ | Pineapple (can, crushed, 19 oz/540 ml) |
| _____ | Mango Chutney (jar) | _____ | Pineapple (can, sliced, 19 oz/540 ml) |
| _____ | Maple Syrup | _____ | Pineapple Juice |
| _____ | Mayonnaise (light) | _____ | Pinto Beans
(rinsed and drained, 19 oz/540 ml) |
| _____ | Mixed Beans
(rinsed and drained, 19 oz/540 ml) | _____ | Pizza sauce (7 1/2 oz/213 ml) |
| _____ | Molasses | _____ | Pomegranate Juice (or variation) |
| _____ | Mushroom Soup
(10 oz/284 ml, low sodium) | _____ | Pork and Beans (can, 28 oz/796 ml) |
| _____ | Mushrooms
(fresh or can pieces, drained, 10 oz/284 ml) | _____ | Potato Chips (crushed) |
| _____ | Mustard (prepared) | _____ | Prunes (pitted, halved) |
| _____ | Oatmeal (rolled or instant) | _____ | Raisins (dark) |
| _____ | Oil (cooking) | _____ | Red Wine (dry or non-alcoholic) |
| _____ | Oil (olive) | _____ | Red Wine Vinegar |
| _____ | Olives (black, sliced, drained, 14 oz/398 ml) | _____ | Rice (brown, uncooked) |
| _____ | Onion (pickled pearl) | _____ | Rice (long grain or brown basmati) |
| _____ | Onion Soup
(can, 10 oz/284 ml, low sodium) | _____ | Rice Noodles (14 oz/400 g approx.) |
| _____ | Orange Juice | _____ | Rice Vinegar |
| | | _____ | Rice Wine Vinegar |
| | | _____ | Russian Dressing |
| | | _____ | Salsa (chunky) |

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- _____ Seasoned Stuffing Mix
(low sodium, 4 oz/120 g)
- _____ Sesame Oil
- _____ Sherry (cooking, dry or real)
- _____ Soy Sauce (reduced sodium)
- _____ Spaghetti (uncooked, 8 oz/250 g)
- _____ Spaghetti Sauce
(24 oz/700 ml, low sodium)
- _____ Spinach Basil Pesto
- _____ Steak Sauce (bottled)
- _____ Sweet and Sour Barbeque Sauce
- _____ Sweet Pickle Relish
- _____ Taco Seasoning Mix (1 pkg or 4 tbsp)
- _____ Tapioca
- _____ Thai Curry Paste (red or green)
- _____ Thai Noodles (skinny, 12 oz/350 g)
- _____ Tomatoes (canned, crushed, 28 oz/796 ml)
- _____ Tomatoes (canned, diced, 28 oz/796 ml)
- _____ Tomato Paste (5 ½ oz/156 ml)
- _____ Tomato Paste (14 oz/398 ml)
- _____ Tomato Sauce (7 ½ oz/213 ml)
- _____ Tomato Sauce (14 oz/398 ml)
- _____ Tomato Sauce (23 oz/680 ml)
- _____ Tomato Soup (10 oz/284 ml, low sodium)
- _____ Tortellini (cheese, 12 oz/350 g)
- _____ Tortillas (flour, 12")
- _____ Tortillas Chips
- _____ Vegetable Broth
(1 box/30 oz/900 ml/4 cups, low sodium)
- _____ Vegetable Thin Crackers
- _____ Vinegar
- _____ Walnuts (pieces, shelled)
- _____ White Kidney Beans
(19 oz/540 ml, drained and rinsed)
- _____ White Wine (dry or alcohol free)
- _____ White Wine Vinegar
- _____ Worcestershire Sauce (reduced sodium)

PRODUCE :

- _____ Apples (cooking, cored and wedged)
- _____ Bell Pepper (green, chopped)
- _____ Bell Peppers (green, strips)
- _____ Bell Pepper (green & yellow, 1 inch pieces)
- _____ Bell Pepper (red, chopped)
- _____ Bell Pepper (red strips)
- _____ Bell Pepper (red &/or yellow, chopped)
- _____ Bell Peppers (red, yellow or green, chunks)
- _____ Bell Pepper (red &/or yellow, strips)
- _____ Carrots (grated or chopped fine)
- _____ Carrots (sliced, fresh or frozen)
- _____ Celery (chopped or diced)
- _____ Cherry Tomatoes
- _____ Cilantro (fresh, chopped)
- _____ Cranberries (fresh or frozen)
- _____ Garlic Cloves (minced)
- _____ Ginger Root (grated)
- _____ Green Chilis (chopped, 4 oz/127 ml)
- _____ Green Onion (chopped)
- _____ Habanero or Jalapeno Peppers
(minced fine)
- _____ Lemon Zest
- _____ Lime Zest
- _____ Mangos
- _____ Mushrooms (fresh)
- _____ Onion (chopped)
- _____ Onion (chunks)
- _____ Onion (sliced)
- _____ Onion (red, sliced)
- _____ Orange Zest (grated)
- _____ Parsley (fresh)
- _____ Pea Pods
- _____ Potatoes (medium, cooked and mashed)
- _____ Red Onion (diced)
- _____ Spinach (Fresh)
- _____ Tomatoes (cherry)

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- _____ Vegetables
(chopped, carrots, peppers, celery)
- _____ Vegetables (fresh or frozen, diced)
- _____ Yam (peeled, grated)
- _____ Zucchini (small, chopped)

DAIRY AND REFRIGERATION :

- _____ Butter (melted)
- _____ Cheese (cheddar, grated)
- _____ Cheese (colby, grated)
- _____ Cheese (feta, 4 oz/ 125 g)
- _____ Cheese (marble, grated)
- _____ Cheese (Mexican blend, grated)
- _____ Cheese (Monterey Jack, grated)
- _____ Cheese (mozzarella, grated)
- _____ Cheese (parmesan, grated)
- _____ Cheese (provolone, sliced or grated)
- _____ Cheese (sharp, grated)
- _____ Cheese (Swiss, sliced or grated)
- _____ Cheese (white cheddar, extra sharp, grated)
- _____ Cottage Cheese or Ricotta Cheese
- _____ Cream Cheese (8 oz/ 250 ml)
- _____ Cream Cheese (spreadable, Herb & Garlic)
- _____ Eggs
- _____ Egg White (large)
- _____ Heavy Cream (or Half and Half)
- _____ Milk
- _____ Parmesan Cheese (grated)
- _____ Ricotta Cheese
- _____ Sour Cream (light)
- _____ Whipping Cream
- _____ Yogurt (plain, low fat)

SPICES :

- _____ Allspice
- _____ Basil (dried)
- _____ Bay Leaf
- _____ Cayenne Pepper
- _____ Celery Salt
- _____ Celery Seed
- _____ Chili Powder
- _____ Chilies (dried, crushed)
- _____ Cilantro (dry)
- _____ Cinnamon (ground)
- _____ Cloves (ground)
- _____ Coriander (ground)
- _____ Cumin (ground)
- _____ Curry Powder
- _____ Dill (dried)
- _____ Fennel Seeds
- _____ Garlic Powder
- _____ Garlic Salt
- _____ Ginger (chopped, crystallized)
- _____ Ginger (ground)
- _____ Gravy Browner (liquid)
- _____ Italian Seasoning
- _____ Lemon-Pepper Seasoning
- _____ Montreal Steak Spice
- _____ Mustard (dry)
- _____ Mustard Seed
- _____ Nutmeg
- _____ Onion Flakes (dried instant minced)
- _____ Onion Powder
- _____ Onion Soup Mix (1 pkg or 3 Tbsp)
- _____ Oregano (dried)
- _____ Paprika
- _____ Parsley (dried)
- _____ Pepper (black)
- _____ Peppercorns
- _____ Red Pepper Flakes

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- _____ Rosemary (ground)
- _____ Salt (optional, to taste)
- _____ Seasoning Salt
- _____ Sesame Seeds
- _____ Sugar
- _____ Tarragon (dry)
- _____ Thyme (dried)
- _____ Turmeric

MEAT:

- _____ Beef (boneless flank round steak)
- _____ Beef (lean, ground, cooked)
- _____ Beef (lean, ground, raw)
- _____ Beef (Pot Roast approx. 3-4 lbs)
- _____ Beef Steak (favorite cut)
- _____ Beef Stew Meat (cut in bite size pieces)
- _____ Beef (stir fry strips)
- _____ Beef (strip loin steak, bite size pieces)
- _____ Chicken (boneless, cubed, raw)
- _____ Chicken (boneless skinless breasts)
- _____ Chicken (drumsticks and/or thighs)
- _____ Chicken (ground, lean)
- _____ Chicken Pieces (bone in)
- _____ Chicken Pieces (boneless thighs)
- _____ Chicken Pieces (boneless thighs and/or breasts)
- _____ Chicken (whole roasting)
- _____ Chicken Wings
- _____ Cod Fillets (3 oz/89 ml)
- _____ Crab Meat (real, 16 oz/450 g)
- _____ Crab Meat (about 16 oz/450 g, real or imitation)
- _____ Fish (Cod or Snapper)
- _____ Fish (Mahi Mahi or other white fish 6 oz/200 g)
- _____ Fish (any "white" fish fillets)
- _____ Halibut Fillet
- _____ Ham (boneless, cooked, cubed)
- _____ Ham Slices (sliced thin)
- _____ Ham Slices (1/4 inch thick)
- _____ Italian Sausage (hot or mild)
- _____ Kielbasa Sausage or Turkey Sausage (chunks)
- _____ King Crab (frozen, 1 lb/240 g package)
- _____ Pepperoni (chopped)
- _____ Pork Chops (bone in, 1" thick)
- _____ Pork Chops (bone in or out)
- _____ Pork Chops (boneless)
- _____ Pork (ground)
- _____ Pork Loin Roast (3-4 lbs, boneless/rolled & tied)
- _____ Pork Ribs (baby back)
- _____ Pork Tenderloin
- _____ Pork Tenderloin (cubed)
- _____ Salami (chopped)
- _____ Salmon (can, 7 1/2 oz/213 g)
- _____ Salmon Fillets (no bones, enough for 1 meal)
- _____ Salmon Fillet (with skin approx. 1 1/2 lbs each meal)
- _____ Salmon Fillets or Steaks (enough for 1 meal)
- _____ Sausage (Chorizo, skin removed, sliced)
- _____ Scallops (frozen)
- _____ Shrimp (cooked, medium, frozen, tails removed)
- _____ Shrimp (uncooked, large, peeled and deveined)
- _____ Tilapia (frozen or fresh)
- _____ Tofu (extra firm, 18 oz/400 g)
- _____ Toupee Ham (boneless, cooked, 2-3lbs.)
- _____ Tuna (canned, 6 oz/170 g)
- _____ Turkey (ground, cooked)

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FROZEN :

- _____ Apple Juice Frozen Concentrate
(12 1/2 oz/355 ml)
- _____ Broccoli florets (frozen)
- _____ Carrots (baby, frozen)
- _____ Carrots (sliced frozen)
- _____ Corn (kernel, frozen)
- _____ Cranberries (frozen)
- _____ Hash Browns (frozen, 1 kg pkg or 5 cups)
- _____ Lemonade (frozen conc., 12 1/2 oz/355 ml)
- _____ Mixed Vegetables (frozen, small pieces)
- _____ Peas (frozen)
- _____ Pea Pods (frozen)
- _____ Spinach (frozen, pkg, 10 oz/300 g)
- _____ Stir Fry Vegetables (fresh or frozen)
- _____ Tater Tots (frozen, 35 oz/1 kg)

SUPPLIES :

- _____ Elastic Bands (thick)
- _____ Freezer Bags (38 cm x 46 cm/15" x 18")
- _____ Skewers (metal or wood)
- _____ Tin Foil
- _____ Tin Foil Pans (9" x 13")
- _____ Tin Foil Pans (loaf size)
- _____ Tin Foil Pans (8" x 8")
- _____ Toothpicks
- _____ Zipper Bags (large)
- _____ Zipper Bags (medium)
- _____ Zipper Bags (small)

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