

THE HEALTHY HOMESTEADER

Kitchen Club

October 2026 Grocery Lists

Organized by Store Section, Ready to Shop

Week One Shopping List

October 1 to 4

MEAT AND PROTEIN

☐	ground beef	11/2 pounds
☐	beef broth	4 cups
☐	fully cooked sliced ham	11/4 pounds
☐	boneless chicken breasts, sliced into 1/2- to	2 pounds
☐	chicken broth	1/3 cup

PRODUCE

☐	onion, diced	1
☐	carrots, diced	2
☐	celery stalks, diced	2
☐	garlic cloves, minced	3
☐	Yukon Gold potatoes, cut into 1/2-inch	2 pounds
☐	black pepper	1/2 teaspoon
☐	onion powder	1/2 teaspoon
☐	Chopped parsley, optional	check pantry

DAIRY

☐	whole milk	1 cup
☐	freshly shredded cheddar	2 cups
☐	Swiss or cheddar, sliced	8 ounces
☐	butter, melted	4 tablespoons
☐	cream cheese, softened	8 ounces
☐	sour cream	1/2 cup
☐	shredded cheddar	1 cup
☐	grated Parmesan	1/2 cup
☐	butter, for pan	2 tablespoons

PANTRY AND BREAD

☐	kosher salt, plus more to taste	1 teaspoon
☐	Dijon mustard	1 teaspoon
☐	cornstarch	2 tablespoons
☐	slider rolls	12
☐	Worcestershire sauce	1 teaspoon
☐	kosher salt	1 teaspoon
☐	panko breadcrumbs	1 cup
☐	sturdy bread cubes	10 cups
☐	eggs	8 large
☐	pumpkin purée	1 cup
☐	pure maple syrup	1/3 cup
☐	vanilla	2 teaspoons
☐	cinnamon	2 teaspoons
☐	ground ginger	1/2 teaspoon
☐	nutmeg	1/4 teaspoon
☐	ground cloves	1/8 teaspoon
☐	fine salt	1/4 teaspoon
☐	Maple syrup, for serving	check pantry

Week Two Shopping List

October 5 to 11

MEAT AND PROTEIN

- | | |
|---|-------------|
| ☐ mild Italian sausage | 1 pound |
| ☐ chicken broth | 4 cups |
| ☐ boneless chicken thighs or breasts, finely | 11/2 pounds |
| ☐ ground beef | 11/2 pounds |
| ☐ beef broth, plus more as needed | 4 cups |
| ☐ boneless chuck roast | 3 pounds |
| ☐ beef broth | 3 cups |
| ☐ boneless chicken, diced | 11/2 pounds |
| ☐ 85/15 ground beef | 2 pounds |
| ☐ sliced fully cooked ham | 6 ounces |
| ☐ breakfast sausage | 1 pound |

PRODUCE

- | | |
|---|--------------|
| ☐ onion, diced | 1 |
| ☐ carrots, diced | 3 |
| ☐ celery stalks, diced | 2 |
| ☐ garlic cloves, minced | 4 |
| ☐ black pepper | 1/2 teaspoon |
| ☐ lemon juice | 1 tablespoon |
| ☐ garlic powder | 1/2 teaspoon |
| ☐ Chopped parsley, optional | check pantry |
| ☐ onion, sliced | 1 large |
| ☐ onion, finely diced | 1/2 small |
| ☐ potatoes, cut into 1-inch pieces | 2 pounds |
| ☐ carrots, cut into sticks | 1 pound |

DAIRY

- | | |
|--|---------------|
| ☐ Parmesan and bread, for serving | check pantry |
| ☐ shredded Monterey Jack or cheddar | 2 cups |
| ☐ Salsa and sour cream, for serving | check pantry |
| ☐ sour cream | 3/4 cup |
| ☐ slices provolone | 10 |
| ☐ shredded cheddar | 1 cup |
| ☐ milk | 1 cup |
| ☐ melted butter | 1/4 cup |
| ☐ Swiss or provolone | 6 ounces |
| ☐ cold butter, cubed | 6 tablespoons |
| ☐ buttermilk | 11/4 cups |
| ☐ whole milk | 3 cups |

PANTRY AND BREAD

☐	(15 ounces each) white beans, drained and	3 cans
☐	(14 1/2 ounces) diced tomatoes with juices	1 can
☐	dried thyme	1 teaspoon
☐	dried oregano	1/2 teaspoon
☐	Kosher salt, to taste	check pantry
☐	oil, divided	2 tablespoons
☐	chili powder	1 teaspoon
☐	ground cumin	1 teaspoon
☐	kosher salt	1 teaspoon
☐	smoked paprika	1/2 teaspoon
☐	water	2 tablespoons
☐	corn tortillas	12
☐	mushrooms, sliced, optional	8 ounces
☐	Worcestershire sauce	1 tablespoon
☐	Dijon mustard	1 tablespoon
☐	paprika	1/2 teaspoon
☐	dry egg noodles	12 ounces
☐	tamari or soy sauce	1 tablespoon
☐	hoagie rolls	5
☐	oil	1 tablespoon
☐	corn	1 cup
☐	(15 ounces) black beans, drained and rinsed	1 can
☐	barbecue sauce	3/4 cup
☐	cornmeal	1 cup
☐	all-purpose flour	1 cup
☐	baking powder	1 tablespoon
☐	fine salt	1/2 teaspoon
☐	egg	1 large
☐	honey, optional	1 tablespoon
☐	eggs	2 large
☐	plain breadcrumbs	1 cup
☐	ketchup	1/3 cup
☐	maple syrup	1 teaspoon
☐	kosher salt to taste	check pantry

Week Three Shopping List

October 12 to 18

MEAT AND PROTEIN

☐	fully cooked ham, diced	11/4 pounds
☐	chicken broth	3/4 cup
☐	ground beef	11/2 pounds
☐	beef broth	3 cups
☐	German sausage	11/4 pounds
☐	boneless chicken, diced	2 pounds
☐	slices bacon	8
☐	Maple syrup, eggs, or bacon, for serving	check pantry

PRODUCE

☐	Yukon Gold potatoes, cut into 1/2-inch	21/2 pounds
☐	onion, diced	1 small
☐	garlic powder	1/2 teaspoon
☐	black pepper	1/2 teaspoon
☐	bell pepper, diced	1
☐	garlic cloves, minced	3
☐	carrots, diced small	3
☐	celery stalks, diced	2
☐	onion powder	1/2 teaspoon
☐	lemon juice	1 teaspoon
☐	apples, peeled and diced	3

DAIRY

☐	cream cheese, softened and cubed	4 ounces
☐	sour cream	1/2 cup
☐	shredded cheddar	11/2 cups
☐	Cheddar, sour cream, and tortilla chips, for	check pantry
☐	butter	3 tablespoons
☐	whole milk	3 cups
☐	melted butter, for topping	2 tablespoons
☐	milk	1/2 cup
☐	cold butter	6 tablespoons
☐	buttermilk	1 cup
☐	shredded mozzarella or Monterey Jack	2 cups
☐	packages (24 ounces each) frozen cheese	2
☐	shredded mozzarella	2 cups
☐	grated Parmesan	1/2 cup
☐	melted butter, plus a little for the griddle	4 tablespoons

PANTRY AND BREAD

☐	Kosher salt, to taste	<i>check pantry</i>
☐	(15 ounces) black beans, drained and rinsed	<i>1 can</i>
☐	(15 ounces) pinto beans, drained and rinsed	<i>1 can</i>
☐	(28 ounces) diced tomatoes with juices	<i>1 can</i>
☐	corn	<i>1 cup</i>
☐	chili powder	<i>2 teaspoons</i>
☐	cumin	<i>2 teaspoons</i>
☐	dried oregano	<i>1 teaspoon</i>
☐	kosher salt, or to taste	<i>1 teaspoon</i>
☐	smoked paprika	<i>1/2 teaspoon</i>
☐	dry short pasta	<i>12 ounces</i>
☐	all-purpose flour	<i>3 tablespoons</i>
☐	Dijon mustard	<i>1 teaspoon</i>
☐	breadcrumbs	<i>1/2 cup</i>
☐	oil	<i>1 tablespoon</i>
☐	frozen peas	<i>1 cup</i>
☐	dried thyme	<i>1 teaspoon</i>
☐	kosher salt	<i>1 teaspoon</i>
☐	baking powder	<i>1 tablespoon</i>
☐	fine salt	<i>1/2 teaspoon</i>
☐	individual flatbreads	<i>5</i>
☐	mayonnaise	<i>1/4 cup</i>
☐	dried dill	<i>1 teaspoon</i>
☐	pinch of salt	<i>check pantry</i>
☐	jars (24 ounces each) marinara	<i>2</i>
☐	ricotta	<i>1 cup</i>
☐	Italian seasoning	<i>1 teaspoon</i>
☐	sugar	<i>2 tablespoons</i>
☐	cinnamon	<i>2 teaspoons</i>
☐	eggs	<i>2 large</i>
☐	vanilla	<i>1 teaspoon</i>
☐	maple syrup	<i>2 tablespoons</i>

Week Four Shopping List

October 19 to 25

MEAT AND PROTEIN

☐	boneless chicken thighs	2 pounds
☐	chicken broth	3 cups
☐	ground beef	11/2 pounds
☐	boneless chicken thighs, diced	2 pounds
☐	chicken broth, plus a splash if needed	3 cups
☐	slices bacon	8
☐	chicken wings, separated into flats and	4 pounds
☐	boneless chuck roast	3 pounds
☐	beef broth	1/2 cup

PRODUCE

☐	onion, diced	1
☐	garlic cloves, minced	3
☐	lime juice	1 tablespoon
☐	sweet potatoes OR Yukon Gold potatoes,	1 pound
☐	onion, finely diced	1 small
☐	carrots, finely diced	2
☐	black pepper	1/2 teaspoon
☐	russet potatoes, peeled and cut into 1/2-inch	2 1/2 pounds
☐	Sliced green onions, for serving	check pantry
☐	garlic powder	1 teaspoon
☐	Yukon Gold potatoes, cut into wedges	2 pounds
☐	kosher salt, for potatoes	3/4 teaspoon
☐	garlic powder, for potatoes	1/2 teaspoon
☐	onion, sliced	1
☐	pepperoncini brine	1/4 cup
☐	6–8 pepperoncini peppers	check pantry
☐	Kosher salt and black pepper, to taste	check pantry

DAIRY

☐	cream cheese, softened and cubed	4 ounces
☐	Cheddar, salsa, and sour cream, for serving	check pantry
☐	butter, cut into pieces	2 tablespoons
☐	shredded cheddar	1 cup
☐	whole milk	1 cup
☐	sour cream	1/2 cup
☐	butter	2 tablespoons
☐	butter, for noodles	1 tablespoon
☐	softened butter	1/2 cup
☐	plus 2 tablespoons softened butter	1/2 cup
☐	cream cheese, softened	2 ounces
☐	melted butter	3 tablespoons
☐	2–3 tablespoons milk	check pantry

PANTRY AND BREAD

☐	(15 ounces each) white beans, drained and	2 cans
☐	(4 ounces) mild diced green chiles	1 can
☐	cumin	2 teaspoons
☐	dried oregano	1 teaspoon
☐	kosher salt, or to taste	1 teaspoon
☐	corn	1 1/2 cups
☐	oil, divided	2 tablespoons
☐	kosher salt, divided	3/4 teaspoon
☐	chili powder	2 teaspoons
☐	smoked paprika	1/2 teaspoon
☐	water	1/4 cup
☐	corn tortillas	12
☐	uncooked long-grain white rice	1 1/2 cups
☐	dried thyme	1 teaspoon
☐	kosher salt	1 teaspoon
☐	Kosher salt, to taste	check pantry
☐	aluminum-free baking powder, NOT baking	1 tablespoon
☐	oil	2 tablespoons
☐	Favorite dipping sauce, optional	check pantry
☐	ranch seasoning	2 tablespoons
☐	Worcestershire sauce	1 tablespoon
☐	egg noodles	12 ounces
☐	granulated sugar	1/2 cup
☐	salt	1 teaspoon
☐	instant yeast	1 tablespoon
☐	eggs	2 large
☐	all-purpose flour	6 cups
☐	packed brown sugar	1 1/4 cups
☐	cinnamon	1 1/2 tablespoons
☐	powdered sugar	2 1/4 cups
☐	vanilla	1 teaspoon

Week Five Shopping List

October 26 to 31

MEAT AND PROTEIN

☐	boneless chicken thighs	2 pounds
☐	chicken broth, plus more if needed	4 cups
☐	ground beef	11/2 pounds
☐	mild bulk Italian sausage	11/4 pounds
☐	chicken broth, plus more as needed	21/2 cups
☐	chicken broth	1 cup
☐	beef broth	1 cup

PRODUCE

☐	onion, diced	1
☐	carrots, sliced	3
☐	celery stalks, sliced	2
☐	garlic cloves, minced	3
☐	black pepper	1/2 teaspoon
☐	pepperoni, chopped, optional	4 ounces
☐	bell pepper, diced	1

DAIRY

☐	butter	2 tablespoons
☐	Shredded cheese, lettuce, salsa, and sour	check pantry
☐	heavy cream	3/4 cup
☐	grated Parmesan	1/2 cup
☐	shredded mozzarella	21/2 cups
☐	buttermilk	1 cup
☐	melted butter	1/4 cup
☐	Cheddar and sour cream, optional toppings	check pantry

PANTRY AND BREAD

☐	dried thyme	1 teaspoon
☐	kosher salt, or to taste	1 teaspoon
☐	dry egg noodles	12 ounces
☐	chili powder	2 teaspoons
☐	cumin	11/2 teaspoons
☐	paprika	1 teaspoon
☐	dried oregano	1/2 teaspoon
☐	water	1/2 cup
☐	tortillas or taco shells	12
☐	tomato paste	2 tablespoons
☐	(141/2 ounces) diced tomatoes with juices	1 can
☐	dry short pasta	12 ounces
☐	Italian seasoning	1/2 teaspoon
☐	Kosher salt, to taste	check pantry
☐	oil-packed sun-dried tomatoes, drained and	1/3 cup
☐	kosher salt	1/2 teaspoon
☐	cornstarch mixed with 1 tablespoon cold	1 tablespoon
☐	uncooked rice, for serving	11/2 cups
☐	prepared pizza dough	2 pounds
☐	thick marinara, divided	1 cup
☐	egg, beaten	1 large
☐	(15 ounces each) kidney or pinto beans,	2 cans
☐	(28 ounces) crushed tomatoes	1 can
☐	(15 ounces) tomato sauce	1 can
☐	smoked paprika	1 teaspoon
☐	cornmeal	1 cup
☐	all-purpose flour	1 cup
☐	baking powder	1 tablespoon
☐	fine salt	1/2 teaspoon
☐	honey	2 tablespoons
☐	egg	1 large