

THE HEALTHY HOMESTEADER

Kitchen Club

September 2026 Grocery Lists

Organized by Store Section, Ready to Shop

Week One Shopping List

August 31 to September 6

MEAT AND PROTEIN

☐	Boneless skinless chicken thighs	2 lbs
☐	Chicken broth	6 cups
☐	80/20 ground beef	1.5 lbs
☐	Beef broth	2 cups
☐	Boneless skinless chicken breasts, cubed	2 lbs
☐	Sausage links	1 package

PRODUCE

☐	Carrots, diced	2
☐	Celery, diced	2 stalks
☐	White onion, diced	1
☐	Garlic, minced	3 cloves
☐	Salt and pepper	generously
☐	Diced tomatoes with green chilies	10 oz can
☐	Bell peppers, sliced	3
☐	White onion, sliced	1
☐	Garlic powder	1 tsp
☐	Diced tomatoes	14.5 oz can
☐	Tomato paste	2 tbsp

DAIRY

☐	Heavy cream	1 cup
☐	Shredded cheddar	1.5 cups
☐	Shredded cheese and lime	to serve
☐	Shredded mozzarella	2 cups
☐	Ricotta cheese	1.5 cups
☐	Parmesan, grated	1/2 cup
☐	Buttermilk	2.5 cups
☐	Butter, melted	6 tbsp

PANTRY AND BREAD

☐	Wild rice blend	1 cup
☐	Taco seasoning	3 tbsp
☐	Instant white rice	1.5 cups
☐	White rice, uncooked	1.5 cups
☐	Chili powder	2 tsp
☐	Cumin	1 tsp
☐	Elbow macaroni	2 cups
☐	Warm water	1 cup
☐	Active dry yeast	2.25 tsp (1 packet)
☐	Sugar	1 tsp
☐	Flour	2.5 cups
☐	Salt	1 tsp
☐	Olive oil	2 tbsp
☐	Pizza sauce	1 cup
☐	Toppings of choice	to taste
☐	Ziti or penne pasta	1 lb
☐	Marinara sauce	24 oz jar
☐	Italian seasoning	1 tsp
☐	Baking powder	3 tsp
☐	Cinnamon and pumpkin spice	1 tsp each
☐	Pumpkin puree	1 cup
☐	Eggs	3
☐	Maple syrup, for serving	to serve

Week Two Shopping List

September 7 to 13

MEAT AND PROTEIN

- ☐ Boneless skinless chicken thighs *2 lbs*
- ☐ Chicken broth *4 cups*
- ☐ 80/20 ground beef *1.5 lbs*
- ☐ Beef broth *1.5 cups*
- ☐ Smoked sausage, sliced *1 lb*
- ☐ Chuck roast *3-4 lbs*

PRODUCE

- ☐ White onion, diced *1*
- ☐ Garlic, minced *3 cloves*
- ☐ Shredded lettuce *2 cups*
- ☐ Diced tomatoes *1 cup*
- ☐ Baby potatoes, diced small *1.5 lbs*
- ☐ Garlic powder and onion powder *1 tsp each*
- ☐ Salt and pepper *generously*
- ☐ Diced tomatoes, jalapenos, green onion *to top*
- ☐ Baby potatoes, halved *1.5 lbs*
- ☐ Carrots, cut into chunks *4*
- ☐ White onion, quartered *1*
- ☐ Apples, peeled and diced *3*
- ☐ Maple syrup and pecans, for serving *to serve*

DAIRY

- ☐ Cream cheese *8 oz*
- ☐ Shredded cheese and cilantro *to serve*
- ☐ Shredded cheddar *1.5 cups*
- ☐ Sour cream and salsa *to serve*
- ☐ Butternut squash, cubed *4 cups (fresh or pre-cut)*
- ☐ Heavy cream *1/2 cup*
- ☐ Sour cream, salsa, guacamole *to serve*
- ☐ Whole milk *2 cups*
- ☐ Butter, melted *3 tbsp*

PANTRY AND BREAD

- ☐ White beans, drained and rinsed *2 cans*
- ☐ Green chilies, diced *4 oz can*
- ☐ Cumin *1 tsp*
- ☐ Taco seasoning *3 tbsp*
- ☐ Hard or soft taco shells *12*
- ☐ Cinnamon *1/4 tsp*
- ☐ Tortilla chips *1 large bag*
- ☐ Black beans, drained *1 can*
- ☐ Worcestershire sauce *2 tbsp*
- ☐ Italian seasoning *1 tsp*
- ☐ Thick cut bread, cubed *1 loaf*
- ☐ Farm eggs *8*
- ☐ Brown sugar *1/2 cup*
- ☐ Vanilla extract *1 tsp*

Week Three Shopping List

September 14 to 20

MEAT AND PROTEIN

☐	Beef stew meat, cubed	2 lbs
☐	Beef broth	6 cups
☐	80/20 ground beef	1.5 lbs
☐	Boneless skinless chicken breasts, sliced	2 lbs
☐	Chicken broth	1 cup
☐	Cooked shredded chicken or seasoned ground beef	3 cups
☐	Sausage links	1 package

PRODUCE

☐	Carrots, diced	3
☐	Celery, diced	2 stalks
☐	White onion, diced	1
☐	Garlic, minced	3 cloves
☐	Tomato paste	2 tbsp
☐	Salt and pepper	generously
☐	Sun-dried tomatoes, chopped	1/2 cup
☐	Fresh spinach	3 cups
☐	White onions, sliced thin	4 large
☐	Baby potatoes, halved	1.5 lbs
☐	Carrots, cut into chunks	4

DAIRY

☐	Shredded cheddar	1.5 cups
☐	Heavy cream	1 cup
☐	Parmesan, grated	1/2 cup
☐	Butter	3 tbsp
☐	Gruyere or Swiss cheese, shredded	1.5 cups
☐	Shredded Mexican cheese blend	2.5 cups
☐	Butter, melted	3 tbsp
☐	Sour cream, salsa, guacamole	to serve
☐	Milk	2.5 cups
☐	Cream cheese	4 oz

PANTRY AND BREAD

☐	Pearl barley	3/4 cup
☐	Red enchilada sauce	1 can (10 oz)
☐	Instant white rice	1.5 cups
☐	Black beans, drained	1 can
☐	Italian seasoning	1 tsp
☐	Rotini or penne pasta	12 oz
☐	Worcestershire sauce	1 tbsp
☐	Large flour tortillas	8
☐	Cornstarch	3 tbsp
☐	Flour	2.5 cups
☐	Sugar	3 tbsp
☐	Baking powder	3 tsp
☐	Salt	1/2 tsp
☐	Eggs	2
☐	Brown sugar	1/2 cup
☐	Cinnamon	2 tbsp
☐	Powdered sugar	1 cup
☐	Maple syrup	3 tbsp

Week Four Shopping List

September 21 to 27

MEAT AND PROTEIN

☐	Boneless skinless chicken thighs	2.5 lbs
☐	Chicken broth	6 cups
☐	Boneless skinless chicken breasts, diced	2 lbs
☐	80/20 ground beef	1.5 lbs
☐	Beef broth	3 cups
☐	Smoked sausage, sliced	1 lb
☐	Shredded cheddar, bacon bits, sour cream, chives	to top
☐	Breakfast sausage, crumbled	1 lb

PRODUCE

☐	Carrots, diced	3
☐	Celery, diced	2 stalks
☐	White onion, diced	1
☐	Salt and pepper	generously
☐	Diced tomatoes	14.5 oz can
☐	Garlic powder	1 tsp
☐	Garlic, minced	3 cloves
☐	Fresh spinach	2 cups
☐	Russet potatoes	6 large
☐	Broccoli, steamed, optional	to top

DAIRY

☐	Heavy cream	1/2 cup
☐	Shredded cheese and sour cream	to serve
☐	Shredded cheddar	1.5 cups
☐	Refrigerated cheese tortellini	20 oz
☐	Parmesan, grated	1/2 cup
☐	Butter	to serve
☐	Whole milk	3 cups
☐	Sharp cheddar, shredded	3 cups

PANTRY AND BREAD

☐	Refrigerated biscuit dough, cut into strips	1 can
☐	Pumpkin puree	1 cup
☐	Black beans, drained	1 can
☐	Chili powder	2 tbsp
☐	Cumin	1 tsp
☐	White rice, uncooked	1.5 cups
☐	Worcestershire sauce	1 tbsp
☐	Olive oil	2 tbsp
☐	Salt	generously
☐	Chili or taco meat leftovers, optional	to top
☐	Elbow macaroni	1 lb
☐	Flour	1/4 cup
☐	Mustard powder	1/4 tsp
☐	Farm eggs	10
☐	Frozen shredded hash browns	3 cups
☐	Large flour tortillas	8
☐	Salsa, for serving	optional

Week Five Shopping List

September 28 to 30

MEAT AND PROTEIN

- | | |
|--|---------|
| ☐ 80/20 ground beef | 1.5 lbs |
| ☐ Beef broth | 5 cups |
| ☐ Boneless skinless chicken breasts, sliced | 2 lbs |
| ☐ Chicken broth | 2 cups |

PRODUCE

- | | |
|--|-----------|
| ☐ White onion, diced | 1 |
| ☐ Garlic, minced | 3 cloves |
| ☐ Crushed tomatoes | 28 oz can |
| ☐ Diced tomatoes with green chilies | 10 oz can |
| ☐ Salt and pepper | to taste |

DAIRY

- | | |
|---|----------|
| ☐ Ricotta cheese | 1 cup |
| ☐ Shredded mozzarella and parmesan | to serve |
| ☐ Cream cheese | 4 oz |
| ☐ Shredded cheddar | 1.5 cups |
| ☐ Butter | 3 tbsp |
| ☐ Heavy cream | 1.5 cups |
| ☐ Parmesan, grated | 1 cup |

PANTRY AND BREAD

- | | |
|--|-----------|
| ☐ Italian seasoning | 1.5 tsp |
| ☐ Broken lasagna noodles | 8 noodles |
| ☐ Taco seasoning | 3 tbsp |
| ☐ Rotini pasta | 12 oz |
| ☐ Fettuccine or penne pasta | 12 oz |