

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

week 40

Grocery List

Produce

- 6 lemons (or 1/2 cup lemon juice)
- 4 green onions
- 3 pounds Yukon gold potatoes
- 8 ounces cherry tomatoes
- fresh parsley
- 4 cloves garlic
- 6 cups kale
- 1 large onion
- 2 cups of fresh spinach
- fresh basil

Refrigerated/Frozen

- 7 cups shredded cheddar cheese
- 1 cup mini mozzarella balls
- 1 cup ricotta cheese
- 1/2 cup Parmesan cheese, shredded
- 32 ounces frozen diced hash brown potatoes
- 1 cup plain Greek yogurt
- 1 cup lemon yogurt (or you can use vanilla)
- 1 bag frozen seasoned french fries

Meat/Poultry/Seafood

- 2 boneless, skinless chicken breast
- 5-6 store-bought smoked chicken sausage links
- 8 ounces turkey breakfast sausage
- 4 slices applewood smoked bacon
- 8 slices Hormel BLACK LABEL® Bacon

Pantry

- 1 tsp creole seasoning or seasoned salt
- 4 tbsp honey
- 1/2 cup + 2 tbsp dijon mustard
- crushed red pepper flakes
- 1/4 tsp paprika
- 2 tablespoons whole grain mustard
- 1/4 cup mayo
- 2 teaspoons white wine vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- cayenne pepper
- 1 tablespoon balsamic vinegar
- 2 naan breads
- 1 can of Ragu Homestyle Roasted Garlic sauce

- 16 oz of pasta of choice
- 1 10.75-ounce can cream of chicken soup
- 4 cups crushed corn flakes
- 1 3/4 cup flour
- 1 cup sugar
- 1 tsp baking powder
- 3/4 tsp baking soda
- 3/4 cup coconut
- 3/4 cup old-fashioned oats
- 20 Snickers Mini candy bars
- 3/4 cup full-fat canned coconut milk
- 10 ounces dark chocolate chips or chunks
- 1 1/4 cup almond flour
- 2 tablespoons unsweetened cocoa powder
- 1/2 cup coconut oil
- 1 teaspoon instant espresso powder
- pickled jalapenos
- ranch dressing

Pantry Staples

- 1 egg
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 1 cup)
- Olive Oil (3 tablespoons)