

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 48

Produce

- 1 yellow onion
- 1 bell pepper
- 14 cloves garlic
- 2 small seedless cucumber
- 1/4 cup + 1 tablespoon lemon juice
- 4 tablespoons fresh dill
- 1 pint heirloom grape tomatoes
- 1 lemon
- 1 banana
- 1/2 cup of fresh sliced strawberries
- 24 grape tomatoes
- 2 tbsp shredded basil

Refrigerated/Frozen

- 1/2 block of cheese
- 8 slices Colby Jack cheese (or 1 1/3 cups shredded)
- 1 1/2 cup milk
- 1 cup plain Greek yogurt
- 4 ounces store-bought hummus
- 4 ounces crumbled feta cheese
- 2 (3.5 oz) strawberry yogurts
- 1 quart vanilla ice cream
- 3 tbsp I Can't Believe It's Not Butter
- 6 slices mozzarella

Meat/Poultry/Seafood

- 1-2 pounds of hamburger
- 4 pounds bone-in, skin-on chicken drumsticks
- 2 pounds boneless, skinless chicken breasts
- 12 slices bacon
- 1 1/2 pound flank steak

Pantry

- 2 tsp cayenne pepper
- 12 oz of pasta
- 1 can 6 oz chipotle corn
- 1 can 15 oz crushed Mexican tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 1/2 cups Robert Rothschild Farm Chili Lime Sauce
- 1 tbsp flour

- French bread loaf or Italian bread loaf
- 3 tablespoons honey
- pinch crushed red pepper
- 1/4 cup white wine vinegar
- 6-8 whole wheat pita pockets
- 1/2 cup kalamata olives
- 4 ounces roasted red peppers
- 1/4 cup of Gerber oatmeal and banana cereal
- 1 cup evaporated milk
- 1 cup chocolate chips
- 1 cup miniature marshmallows
- vanilla wafers
- 2 tbsp balsamic vinegar
- 24 appetizer skewers or toothpicks

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray