

WEEKLY FAMILY  
MENU PLAN  
GROCERY LIST

## Grocery List

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### *Produce*

- 2 large onions
- 1 small onion
- 1 bunch scallions
- 1 head of green cabbage
- 1 small green bell pepper
- cilantro
- parsley
- fresh ginger
- 2 limes
- 1 orange
- 1 pineapple
- 3 large apples

### *Refrigerated/Frozen*

- 3/4 cup white cheddar, shredded
- 14 oz. sharp cheddar, shredded
- 8 slices mozzarella cheese
- sour cream (at least 1 1/4 cups)
- 1 16 oz. Cool Whip
- 1 8 oz. Cool Whip
- 3 oz. snow peas (frozen)
- 3/4 cup milk

### *Meat/Poultry/Seafood*

- 3 pounds boneless chuck roast
- 1.5 pounds top sirloin
- 3 boneless skinless chicken breasts
- 6 3/4 in. thick boneless pork chops
- 6 slices thick-cut bacon

### *Pantry*

- 8 sandwich rolls
- 12 Hawaiian dinner rolls
- 1 loaf french bread
- 1 16 oz. jar pepperoncini peppers
- 6 oz. crispy fried onions
- 1 cup sliced almonds
- almond extract (1 tsp)
- 2 1/4 cups vegetable shortening
- 3/4 cup mayo
- 2 tablespoons Sriracha
- 18 oz. quick cooking oats

- 1 tbsp ginger paste
- 1 cup kimchi
- 1 teaspoon chipotle chili powder
- 1/4 teaspoon ground cayenne pepper
- 1 tbsp sesame seeds
- 9 cups flour
- 4 cups sugar
- 1 tbsp dark brown sugar
- 1/2 cup light brown sugar
- 1/4 cup baking powder
- 8 oz. jar pimentos
- 1/4 cup sesame oil
- 1 cup soy sauce
- 2 tablespoons rice vinegar
- 1 cup Nutella
- 14 chocolate graham crackers
- 1 small can sliced mushrooms
- 1 chocolate candy bar

### *Pantry Staples*

- 1 egg
- Salt
- Black Pepper
- Butter (1 1/2 cups)
- Canola Oil/Vegetable Oil
- Olive Oil (extra virgin)