

WEEKLY FAMILY  
MENU PLAN  
GROCERY LIST

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## Grocery List - Week 52

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### *Produce*

- 1 avocado
- 1 lime
- 2 yellow onion
- 3 cups of butternut squash
- 3-4 springs of fresh Rosemary
- 2 cloves garlic
- fresh cilantro
- 1 pint cherry tomatoes
- 3 peaches
- 3 ears of corn
- 3 cups fresh baby arugula
- 1/2 cup micro greens
- 2 oranges
- 1 red onion
- 8 eggroll wrappers (found in the produce section)

### *Refrigerated/Frozen*

- 1 cup shredded cheddar cheese
- 1/2 cup + 1 tablespoon plain yogurt
- 7 1/2 cups of milk
- 1 cup Parmesan
- 1 cup frozen corn
- 1 15 oz. lowfat cottage cheese
- 16 oz. Colby Jack cheese, shredded
- 1/4 cup buttermilk
- 8 ounces mozzarella balls
- 12 ounces cream cheese
- 2 cups cool whip or homemade whipped cream
- 1/2 cup feta or cotija cheese

### *Meat/Poultry/Seafood*

- 4 cups boneless/skinless chicken breast
- 8 strips bacon
- 3 pounds boneless pork shoulder roast
- 2 lb. ground round

### *Pantry*

- oil, for frying
- 1 tablespoon dry Ranch mix
- 1 cup of vegetable stock
- 1/2 cup + 2 tablespoons brown sugar
- 1 box rigatoni noodles

- 12 ounces cherry cola
- 1/2 cup barbecue sauce
- 1 tsp creole seasoning
- 1 28 oz. can whole peeled tomatoes
- 1 1/2 tbsp chili powder
- 1 1/2 tsp cumin
- 1 jar Ragu Meat Creations Sauteed Onion & Beef
- 1 15 oz. can black beans
- 1 lb. Mostaccioli or Ziti pasta
- 1/2 cup mayo
- 2 tablespoons white wine vinegar
- 1 teaspoon hot sauce
- 1/2 teaspoon crushed red pepper
- 1 pound short pasta
- 1/2 cup sunflower seeds
- 1/2 cup sliced almonds
- 2 (1/4 ounce) packages active dry yeast
- 1 1/3 cup + 2 tablespoons sugar
- 8-9 cups all-purpose flour
- 1/4 cup orange marmalade
- 1/2 cup chopped pecans
- 1 cup powdered sugar
- 2 cups graham cracker crumbs
- 1/2 can of sweetened condensed milk
- 1 package French vanilla pudding mix
- 2 tablespoons prepared mustard
- 2 teaspoons Worcestershire sauce

### *Pantry Staples*

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (2 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 20)