

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 53

Produce

- 3 yellow onions
- 11 cloves of garlic
- 3 sprigs of fresh rosemary
- 6-8 large potatoes of choice
- 3 scallions
- ½ head iceberg lettuce
- 1 tomato
- 1 small red onion
- 1 green bell pepper
- ½ cup diced cucumber
- 1 diced avocado
- bunch of cilantro
- 1 tbsp fresh chopped parsley
- 2 stalks celery

Refrigerated/Frozen

- 3 ½ cups shredded cheese
- ½ cup heavy cream
- 8 ounces cream cheese
- 8 ounces whipped topping
- 3 cups milk
- ½ cup sour cream
- 1 cup shredded Parmesan cheese
- 1½ cups shredded Colby Jack cheese
- 2 cups Seasoned Blend chopped vegetables (frozen)

Meat/Poultry/Seafood

- 6 slices of bacon
- 2 1-pound pork tenderloins
- 2 pounds boneless skinless chicken breasts
- 1 package of spicy breakfast sausage
- 1 lb. raw shrimp, peeled & deveined (70/90 ct)

Pantry

- 2 ¼ cup + 2 tablespoons flour
- 4 cups chicken broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 11.8 oz Robert Rothschild Rasp. Chipotle Sauce

- ¾ tsp chili powder
- ¼ tsp cumin
- 2 tsp creole seasoning
- 3 tbsp salsa
- ¼ cup ranch dressing
- 1 cup panko bread crumbs
- 1/2 teaspoon garlic powder
- 1/2 cup cayenne pepper sauce (like Frank's Red Hot)
- 2 1/4 teaspoon ground cayenne pepper
- 2 1/4 cups brown sugar
- 1 1/2 loaves of French bread (day old works best!)
- 1 cup peanut butter
- ½ cup sugar
- 1 teaspoon vanilla
- ½ teaspoon baking soda
- 1-1/2 cups semisweet chocolate chips
- 1 cup powdered sugar
- 2 3.4 ounce boxes instant chocolate fudge pudding
- 1 dark chocolate bar
- 1 cup quartered artichoke hearts (non-marinated)
- ½ cup mayonnaise
- 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 8)