

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List

Produce

- 1 onion
- 1 bunch scallions
- 1 shallot
- 1 head of garlic
- 3 jalapeños
- thyme
- 1 avocado
- oregano
- 1 peach
- 6 limes
- 1 lemon
- 1 banana

Refrigerated/Frozen

- 3/4 cup shredded cheddar cheese
- 4 oz of shredded swiss cheese
- 3 cups shredded mozzarella cheese
- 1 8 oz block cream cheese
- 1 cup sliced frozen strawberries
- 3/4 cup milk
- 2 6 oz strawberry banana yogurts
- 1/2 cup almond milk
- 1 bag mini pepperoni
- 2 14 oz can cream of coconut

Meat/Poultry/Seafood

- 8 pieces bone-in chicken
- 1 pound bone-in pork chops
- 2 boneless skinless chicken breast
- 4 slices bacon

Pantry

- 1 14.75 oz can creamed corn
- 1 14.75 oz can regular corn
- 1 8.5 oz box Jiffy cornbread mix
- soy sauce
- honey
- ground coriander
- allspice
- cinnamon
- nutmeg
- chocolate syrup
- Italian dressing
- dry mustard
- maple syrup

- peppermint extract
- vanilla bean paste
- arrowroot powder
- coconut oil (2 tbsp)
- 12 oz vegan chocolate chips
- Gluten-free shortbread cookies
- 16 oz pasta
- 1 jar marinara sauce
- Worcestershire sauce

Pantry Staples

- eggs
- Kosher Salt
- Black Pepper
- Vegetable Oil
- Olive Oil
- Creole seasoning
- Balsamic Vinegar
- Brown Sugar
- Mayo