

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 55

Produce

- 3 yellow onions
- 1 green bell pepper
- 1 stalk celery
- 6-8 cups spring mix lettuce blend
- 2 1/2 cups corn kernels
- 2 small red onion
- 1 large avocado
- 1 jalapeno pepper
- 1 teaspoon fresh chives
- 1 teaspoon fresh dill
- 7 cloves garlic
- 2 tablespoons chopped cilantro
- 1 lemon
- 9 green onions
- 1 red bell pepper
- 1 tablespoon rosemary or a few sprigs of fresh
- 6-8 large potatoes of choice

Refrigerated/Frozen

- 12 ounces shoestring french fries
- 1/4 cup Greek yogurt, plain
- 1/4 cup buttermilk
- 1/4 cup + 7 tablespoons sour cream
- 2 1/4 cups shredded cheddar cheese
- 1/2 cup feta or cotija cheese
- 1/2 cup + 2 tablespoons whole milk
- 1 (8-ounce) block cream cheese
- 1/2 cup Parmesan cheese
- 1/2 cup heavy cream

Meat/Poultry/Seafood

- 1 lb. boneless chicken breasts
- 1 1-inch thick-cut ribeye steak
- 1 1/2 pounds ground turkey
- 1 pound cooked crawfish tails
- 6 slices of bacon

Pantry

- creole seasoning
- 1 16 oz. package thin spaghetti noodles
- 1 can cream of chicken
- 1 can cream of mushroom
- 2 cans mild Rotel
- 1 lb. Velveeta cheese

- 1 can sweet peas
- 3/4 cup mayo
- 3 1/2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 1 cup tomato sauce
- 3/4 cup pure maple syrup
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 3 tablespoon dijon mustard
- 8 soft burger rolls
- 2 teaspoons Worcestershire sauce
- dash of Tabasco sauce
- chili powder
- 1 box yellow cake mix
- 1 1/4 cups canned pumpkin
- 1 1/2 tsp pumpkin pie spice
- 1 1/2 tsp vanilla
- 4 cups powdered sugar
- 3 teaspoons vanilla bean paste
- 1 cup + 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- sliced baguette
- 4 cups chicken broth

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)