

WEEKLY FAMILY  
MENU PLAN  
GROCERY LIST

## Grocery List

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### *Produce*

- 12 oz. baby spinach
- 8 1/2 oz. fresh cole slaw mixed
- 1 red bell pepper
- 1 yellow bell pepper
- 1 avocado
- 1 head garlic
- 1 lb. carrots
- 1 lb. sweet potatoes
- zest of lemon
- 3 granny smith apples
- 1 onion

### *Refrigerated/Frozen*

- 1/4 cup plain yogurt
- 6 slices provolone cheese
- 1/2 cup sour cream
- 1 and 1/4 cup plus 7 tbsp. whole milk
- 13 1/2 tbsp unsalted butter
- 12 oz. cream cheese
- 1 cup shredded cheese

### *Meat/Poultry/Seafood*

- 1 pound shrimp, peeled/deveined
- 3 thin-cut boneless skinless chicken breasts
- 1 pound chicken, cut up into pieces (cubes)
- 9 thin slices of ham
- 2 lbs. ground beef

### *Pantry*

- 2 1/2 cups panko bread crumbs
- 1/4 cup Italian bread crumbs
- 1 1/4 cup Robert Rothschild Farm Horseradish Sauce
- 12.4 ounces Robert Rothschild Farm Rosemary Citrus & Pepper Sauce
- 8 flour tortillas
- 1 loaf Italian bread
- 2 1/4 cup flour
- 3 1/2 cups bread flour
- 1 pack au jus mix
- 2 cans cream of mushroom soup
- 2 3/4 cups plus 9 tbsp sugar plus 1 tsp
- 1 cup confectioners sugar
- 2 teaspoons cinnamon

- pinch of nutmeg
- 3/4 cup cocoa powder
- 1 tsp baking powder
- 2/3 cup pumpkin puree
- 2 tsp instant rapid-rise yeast
- 4 1/2 tsp vanilla extract
- 3 tbsp caramel sauce
- 1 can chipotle corn
- 1 can diced tomatoes
- 1 can black beans
- 1 cup quinoa
- 1 tbsp chipotle adobo sauce
- 1 tbsp mustard (dijon or regular)
- 1 tsp Italian Seasoning
- 1 pack dry onion soup mix

### *Pantry Staples*

- 3 eggs
- Salt (regular and Kosher)
- Black Pepper
- Butter (1 1/2 cups)
- Olive Oil (extra virgin)