

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List

Produce

- 2 cups carrots, sliced
- 3 cups potatoes, diced
- 5 celery hearts, sliced
- green onions (garnish)
- 2 yellow onion
- 1 tomato
- garlic
- cilantro
- 3 cups butternut squash
- 1 tbsp thyme
- 1 tbsp sage
- 2 cups arugula
- 1 small apple
- 4 bell peppers

Refrigerated/Frozen

- ½ cup butter
- 2 8 oz blocks of cream cheese
- 1 cup plus 6 tbsp heavy cream
- 12 oz whipped topping
- 6 1/2 cups milk
- 12 oz frozen corn
- 2 1/2 cups shredded cheese (Cheddar is fine)
- 3/4 cup grated Parmesan cheese
- 1 cup gruyere cheese, shredded
- 1 cup cheddar cheese, shredded
- 10 slices American cheese, chopped

Meat/Poultry/Seafood

- 3/4 lb. tenderized beef stew meat
- 3/4 lb. smoked pork sausage
- 6 strips bacon

Pantry

- 1 cup dark chocolate chips
- 1 oreo pie crust
- 1 cup pumpkin puree
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg
- 1/2 cup flour

- 1/2 cup powdered sugar
- chocolate bar (optional garnish)
- 2 cans creamed corn
- 1 8 oz. can corn
- 1 15 oz. can southwest corn
- 1 14.5 oz can diced tomatoes 1 10 oz. can Rotel
- 1 8 oz. can tomato sauce
- 1/2 tsp creole season
- 3 to 4 1/2 cups rice (not instant)
- 1 15 oz. can black beans
- 1/2 cup salsa
- tortilla chips (scoops)
- 1 cup chicken broth
- 1/2 tsp crushed red pepper
- Hungarian paprika
- 12 oz. linguine
- 12 oz. elbow macaroni
- 1 12 oz. can evaporated milk
- 1/2 tsp dry mustard
- 1 cup rolled oats
- 2 tsp cinnamon
- cinnamon/sugar mix
- 1 can Wolf Brand Chili

Pantry Staples

- 8 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- Cayenne Pepper
- Unsalted Butter
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray