

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 59

Produce

- 3 large red onions
- 3 cups fresh baby spinach
- 16 cloves garlic
- 2 bell peppers
- 2 pineapples
- 1 small red onion
- 1 lb baby potatoes
- 1 apple
- 3 cups arugula
- 5 carrots
- 3 ribs of celery
- bunch of fresh parsley

Refrigerated/Frozen

- 1 lb. fresh cheese-filled tortellini
- 1 cup heavy cream
- ½ cup shredded parmesan
- 6 ounces Brie cheese
- whipped cream

Meat/Poultry/Seafood

- 2 lbs. medium sized shrimp
- 4.5 pounds boneless skinless chicken breasts
- 8 bone-in chicken pieces

Pantry

- 2½ tsp creole seasoning
- 1 cup pineapple juice
- 1 11.7-ounce jar Robert Rothschild Hatch Chile Jam
- 1/2 teaspoon chili powder
- 1/4 teaspoon crushed red pepper
- 1 tablespoon Dijon mustard
- 1/4 teaspoon dry thyme
- 2 teaspoons apple cider
- 3 (10-inch) flour tortillas
- 1 cup pumpkin puree
- 2 3/4 cup sugar
- 1/2 - 2 tablespoons of pumpkin pie spice
- 5 cups flour
- 8 cups chicken broth
- 3 cups cooked wild rice
- 12 ounces evaporated milk

- 1 1/4 cups Steen's Pure Cane Syrup
- 2 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp baking soda
- powdered sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1/4 cup strong coffee
- 3/4 cup honey
- 1/2 teaspoon ground nutmeg
- 1/3 cup brown sugar
- 1/2 cup grapeseed oil
- 1 teaspoon pure vanilla extract
- 2 tablespoons turbinado sugar

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (4 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 5)