

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List

Produce

- 5 onions
- 1 green bell pepper,
- 2 stalks celery
- 1 head of garlic
- 2 cups carrots
- 1 medium potato
- shredded lettuce
- red onion
- green onions
- 1 large tomato
- fresh ginger
- 1 pound broccoli florets
- cauliflower
- 8 oz button mushrooms & 12 oz. sliced mushrooms
- parsley or basil for topping
- 6 large yukon gold potatoes
- 2 lbs. sweet potatoes

Refrigerated/Frozen

- 2 cups plus 4 tbsp butter
- 1/4 cup plus 2 tbsp unsalted butter
- 2 cups Tru Moo Chocolate Milk
- 1/2 cup Tru Moo Orange Scream milk
- 1 cup milk plus 2 tbsp
- sour cream (topping)
- 1 cup shredded cheese
- 2 cups sour cream
- 1/2 cup of shredded Fontina, or cheese of choice
- 1 1/2 cups heavy cream
- 1/2 cup of shredded Parmesan

Meat/Poultry/Seafood

- 4 3/4 lb ground beef (round)
- 5-6 slices of bacon
- 4 boneless pork chops

Pantry

- 10 3/4 cups flour
- 1 1/3 cups cocoa
- 4 cups powdered sugar
- 4 1/2 tsp baking soda
- 3 tsp baking powder
- 2 cups brown sugar
- 1 8 oz can tomato sauce
- 1 14.5 oz can diced tomatoes
- 1 48 oz plus 3.5 cups container chicken broth
- 2 cups No Yolks noodles

- prepared coffee
- 3 tsp vanilla
- orange food coloring
- candy eyes
- 1 15 oz. can tomato sauce
- 1 1/2 cups self-rising cornmeal
- 1 tbsp sugar
- 1 8.5 oz can corn
- 2 cans creamed corn
- 1 taco seasoning envelope
- 1 15 oz. can kidney beans, drained
- 1/3 cup coconut aminos
- 2 1/2 tablespoons honey
- 2 tablespoons sesame oil
- 1/2 teaspoon chili paste
- 1 tablespoon toasted sesame seeds
- 16 oz pasta of choice
- 3 cups sugar
- 1 cup light brown sugar
- 2/3 cup beer (at room temperature)
- 1 cup stout beer
- 1/4 cup honey
- 1 (15 ounce) can pumpkin
- 1 tsp pumpkin pie spice
- 2 cups beef broth (more as needed)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 1/2 cups panko bread crumbs
- 1 tablespoon ground cinnamon
- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 tablespoons turbinado sugar

Pantry Staples

- 1 dozen eggs
- Salt (both kosher and sea salt)
- Black Pepper
- creole seasoning (optional)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray
- coconut oil