

WEEKLY FAMILY  
MENU PLAN  
GROCERY LIST

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## Grocery List - Week 65

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### *Produce*

- 2 yellow onions
- 4 cloves of garlic
- 12 to 15 basil leaves
- 2 1/2 cups corn kernels
- 2 butternut squash
- 1 bunch of cilantro
- fresh greens
- 1 tablespoon lemon juice
- 1 green pepper
- 1 jalapeno
- 3 green onions
- 1/4 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1/2 cup shredded Napa cabbage
- 1 lime

### *Refrigerated/Frozen*

- 1 cup heavy cream
- 3 cups sharp white cheddar cheese
- 3/4 cups whole milk
- 1/4 cup gruyere cheese
- 2 1/4 cup milk
- 1 cup shredded Monterrey Jack cheese
- 16 oz. block cheddar
- 8 oz. colby jack
- 1 (8-ounce) block cream cheese
- 4 12-ounce bags frozen green beans

### *Meat/Poultry/Seafood*

- 3 slices of bacon
- 1 pound Jennie-O Lean Ground Turkey
- 1 1/2 pounds boneless skinless chicken
- 1 cup ham bits (found in lunch meat section)

### *Pantry*

- 1 tsp creole seasoning or seasoned salt
- 1 28 oz. crushed tomatoes
- 1 14.5 oz can diced tomatoes
- 4 cups chicken broth
- 1 1/4 cup sugar
- 1 14.5 ounce can creamed corn
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika

- 1/4 teaspoon cayenne pepper
- 1 1/2 cups all-purpose flour
- 1 1/4 teaspoon baking powder
- 1 teaspoon coconut oil
- 1 (15 ounce) can black beans
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 - 2 tablespoons masa harina
- 1/2 cup vinegar
- 3/4 cup buffalo sauce
- 1/3 cup Thai sweet chili sauce
- 3 tbsp honey
- 3 tbsp soy sauce
- 1 bag (13 oz) restaurant style tortilla chips
- crushed red pepper
- 1/4 cup pickled jalapenos
- 2 10.75-ounce cans cream of mushroom soup
- 2 6-ounce cans French fried onions
- 3 cups raw macaroni
- 1 12 oz. can evaporated milk
- 1 1/4 cup dark brown sugar
- 3 teaspoons vanilla extract
- 2 3/4 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 2 cups rolled oats
- 3/4 cup shaved or shredded coconut
- 3/4 cup chopped hazelnuts
- 3/4 cup semi-sweet chocolate chips
- 1 cup white chocolate chips
- 2 cups confectioner's sugar
- 1/2 cup creamy peanut butter
- 1 cup chopped Hershey's bars
- 1 cup marshmallow bits
- graham crackers

### *Pantry Staples*

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (7 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 9)