

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List

Produce

- 2 shallots
- 4 cloves garlic
- 1 tablespoon chopped fresh thyme
- 3 onions
- 1 avocado
- cilantro
- 4 medium sweet potatoes
- 6 carrots
- 2 bay leaves
- 1 green bell pepper
- 4 cups cauliflower florets

Refrigerated/Frozen

- 2 1/2 cups apple cider
- 15 pieces of Tyson Boneless Wyngz – buffalo
- queso fresco
- 1/2 cup sour cream
- 1 1/2 cups shredded Jack cheese
- 1/2 cup of milk
- 1-1/4 cups whipping cream

Meat/Poultry/Seafood

- 4 pound boneless pork shoulder roast
- 2.5 pound beef chuck roast
- 2 boneless skinless chicken breast
- 1 pound lean ground beef

Pantry

- 1/4 cup apple cider vinegar
- 1 1/2 teaspoons dijon mustard
- 1 pinch cayenne pepper
- 10-12 small corn tortillas
- 2 tablespoons red wine vinegar
- 1/8 teaspoon red pepper flakes
- 10 gingersnaps
- 12 oz. angel hair pasta
- 1 (4 oz.) can green chilies
- 1 tsp creole seasoning
- 1 cup all purpose flour
- 4 cups chicken broth
- sliced black olives

- 12 ounces high-quality milk or dark chocolate
- 1 cup roasted chopped hazelnuts
- 2 teaspoons coconut oil
- 1 14.5 ounce can diced tomatoes
- 1 15 ounce can tomato sauce
- 1 teaspoon garlic powder
- 2 1/4 cup of sugar
- 1 teaspoon of vanilla
- 2 1/2 cup of oats
- 1 cup peanut butter
- chocolate chips
- 1 teaspoon instant espresso
- 1/4 cup Rodelle Gourmet Baking Cocoa
- 2 tablespoons Kahlua
- 1/4 teaspoon nutmeg
- chocolate shavings

Pantry Staples

- eggs (5)
- Kosher Salt
- Black Pepper
- Vegetable Oil
- Olive Oil
- Butter (3 sticks)