

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 69

Produce

- 2 cups shredded zucchini
- 1 cup cilantro
- 11 garlic cloves
- 1 cucumber
- 4 large bell peppers (red, yellow, or orange)
- 1 tbsp fresh chopped parsley
- 2 pounds sweet potatoes
- 1 1/2 pounds russet potatoes
- fresh thyme
- 2 small onions
- 4 ounces arugula

Refrigerated/Frozen

- 1 cup plain Greek yogurt
- 3 1/4 cup shredded Parmesan
- 1 1/2 cups heavy cream
- 1 (19-ounce) package frozen cheese tortellini
- 1 cup shredded mozzarella cheese
- 3 ounces cream cheese
- 1 cup shredded Italian cheese blend

Meat/Poultry/Seafood

- 3 pounds lean ground turkey
- 2 lbs. lean ground beef
- 2 pounds sweet Italian sausage

Pantry

- 1/4 cup mild curry paste
- 1/2 teaspoon ground ginger
- 1 cup mango chutney
- 1 1/2 tsp creole seasoning
- 1/4 cup Italian bread crumbs
- crushed red pepper flakes
- 1 28 oz. can crushed tomatoes
- 1/4 cup honey
- 4 cups all-purpose flour
- 4 cups pasta sauce
- 1 teaspoon Italian seasoning
- 1 1/4 teaspoon baking powder
- 1 1/4 cup sugar
- 2 tablespoons cocoa powder
- 1 teaspoon peppermint extract
- 4 cups chicken stock
- 2 cups red lentils
- 2 28-ounce cans diced tomatoes in tomato juice

- 1 box white cake mix
- 5 tsp vanilla
- 1 cup chopped pecans
- 1 box red velvet cake mix
- 1 1/2 cup light brown sugar packed
- 40+ saltine crackers
- 24 ounces white chocolate chips
- 1 cup mini chocolate chips

Pantry Staples

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