

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List

Produce

- 1 to 2 heads garlic (11 cloves)
- 1 red bell pepper (optional)
- Fresh parsley
- 2 cups red cabbage
- 1 1/2 cups shredded or thinly sliced daikon radish
- cilantro
- 1 1/2 cups shredded or thinly sliced carrots
- 2 cups baby carrots
- 1 large cucumber
- 1 jalapeno pepper
- 2.5 lbs. potatoes
- 2 medium and 1 large onion
- green onions
- 2 medium green apples
- 1 avocado
- 1 cup pico de gallo

Refrigerated/Frozen

- 1 cup buttermilk
- 1 (16.5 ounce) refrigerated sugar cookie dough
- 4 cups Colby Jack cheese, shredded
- 6 ounces cream cheese
- about 2 tbsp milk

Meat/Poultry/Seafood

- 3 pounds bone-in chicken thighs
- 8 slices bacon
- 1 lb. boneless skinless chicken breasts
- 3 to 4 lb. chuck roast
- 1 lb. ground beef

Pantry

- 1/2 cup Robert Rothschild Farm Roasted Red Pepper and Onion Sauce
- 2 tbsp apple cider vinegar
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp thyme
- hot sauce
- 3/4 cup chopped dill pickles

- 2 tbsp hot curry powder
- 1/2 tsp ground cinnamon
- 1 tbsp white wine vinegar
- 1 cup flour
- 8-10 flour tortillas (taco size)
- 12 flour tortillas (burrito size)
- 2 tbsp granulated sugar
- 3/4 cup mayo
- 1 whole wheat baguette
- 10 ounces chocolate bark
- 1-2 cup BOOMCHICKAPOP kettle corn
- 2 tbsp + 1/4 cup brown sugar
- handful salted peanuts and almonds
- 2 tbsp chopped salted peanuts
- handful peanut butter chips
- handful white chocolate chips
- 3 tbsp soy sauce
- 1 can cream of mushroom
- 1/4 cup creamy peanut butter
- vanilla extract
- 1/4 cup caramel sauce
- 1 Reynolds oven bag with tie
- 1/4 cup balsamic vinegar
- 1 cup chicken broth
- 1 can black beans
- 1 packet taco seasoning
- 1 8 oz. can enchilada sauce

Pantry Staples

- 9 eggs
- Salt (Kosher)
- Black Pepper
- Butter (1 stick - 8 tbsp) plus 2 tbsp
- Frying Oil
- Olive Oil (extra virgin)