

WEEKLY FAMILY
MENU PLAN
GROCERY LIST

Grocery List - Week 61

Produce

- 1 cup pineapple chunks
- cilantro
- 6 cloves garlic
- 1/2 teaspoon fresh grated ginger
- 4 yellow onions
- 1 red bell pepper
- 4 cups coleslaw mix
- green onions
- bibb lettuce
- 1 jalapeno
- 2 avocados
- 1 green bell pepper
- parsley
- micro greens

Refrigerated/Frozen

- 1/4 cup pineapple yogurt
- 3 cups frozen corn
- 2 cups of shredded cheese of choice
- sour cream
- 2 cups shredded cheddar cheese
- 1 cup buttermilk
- 1 (8 ounce) block cream cheese
- 2 - 3 tablespoons milk

Meat/Poultry/Seafood

- 4 pounds boneless, skinless chicken breast
- 1 pound boneless pork chops, thinly sliced
- 1 pound ground beef

Pantry

- 3/4 cup soy sauce
- 1/2 cup brown sugar
- 3 tablespoons rice wine vinegar
- 2 teaspoons sesame oil
- 2 tablespoons cornstarch
- 1/4 sheet nori
- 1 teaspoon crushed red pepper
- 1 teaspoon ground ginger
- 2 tablespoons mayo
- corn tortillas
- 2 tablespoon hoisin sauce
- 1 teaspoon honey
- peanuts

- 2 tablespoons taco seasoning
- 3 cups black beans
- 1 - 10 oz can of diced tomatoes and jalapenos
- 3 cups of rice
- 1 10.75 ounce can tomato soup
- 12 ounces egg noodles
- 1 14.75 ounce can creamed corn
- 6 cups popcorn, like Kettle Corn
- 4 cups pretzel sticks
- 2 to 3 tbsp sprinkles
- 2 cups Protein Cheerios (Cinnamon Almond flavor)
- 3/4 cup sliced almonds
- 1 cup candy corn
- 3 cup + 2 tbsp sugar
- 1 cup light corn syrup
- 2 cup all-purpose flour
- 1 cup yellow cornmeal
- 3 teaspoons baking powder
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- pinch of cayenne
- 1/2 cup masa harina
- 5 cups chicken broth
- 2 10-ounce cans red enchilada sauce
- 1 14-ounce can diced tomatoes
- 1 4-ounce can diced green chilies
- 1 1/2 cups brownie mix
- 1/2 cup chopped M&Ms, plus more for the top
- 3/4 cup cocoa
- 2 tsp vanilla
- 1 can Dulce de leche

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (4 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 4)