

WEEKLY FAMILY  
MENU PLAN  
GROCERY LIST

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## Grocery List - Week 63

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### *Produce*

- 2 cups steamed veggies of choice
- 1 1/2 onion
- 1 green pepper
- 1/2 cup sliced mushrooms
- 8 cloves garlic
- 1 shallot
- 2 medium-sized zucchini
- 2 tablespoons finely chopped green onions
- 1 teaspoon ginger paste or freshly grated ginger
- chopped cilantro
- 1 cup carrots
- 1 cup celery
- 3 cups potatoes
- 4 cups broccoli florets
- 1/2 teaspoon thyme
- parsley

### *Refrigerated/Frozen*

- 2 16.3-ounce tubes of large refrigerated biscuits
- 2 cups mozzarella cheese
- 3/4 cup Parmesan cheese
- pizza dough
- 3 3/4 cup milk
- 1 cup colby jack cheese
- 7 slices mozzarella cheese
- 1 cup of heavy cream
- 2 cups of sharp cheddar cheese
- 2 cans crescent rolls
- 3 (8 oz.) blocks of cream cheese

### *Meat/Poultry/Seafood*

- 12 - 15 ounces of SeaPak Popcorn Shrimp
- 1 pound ground sweet Italian sausage
- 1/2 cup sliced pepperoni
- 2 chicken breasts
- 6 slices bacon
- 1 1/2 pounds ground turkey

### *Pantry*

- 1/2 cup of brown sugar
- 1/2 cup + 1 tbsp of soy sauce
- 2 tablespoons white vinegar or rice vinegar
- 2 tablespoons honey
- 2 cups white or brown rice, cooked
- sesame seeds
- 1 15-ounce can pizza sauce
- 7 tbsp flour
- 1/4 cup wine, beer, or chicken broth
- 1/2 cup + 3 tablespoons coconut milk
- 1 jar House of Tsang's Bangkok Peanut Sauce™
- 2 tablespoons panko bread crumbs
- 1/2 teaspoon crushed red pepper
- jasmine rice
- 6 1/2 cups sugar
- 2 cups evaporated milk
- 40 ozs canned pumpkin puree
- 2 tablespoons light corn syrup
- 2 teaspoons pumpkin pie spice
- 2 1/2 teaspoon vanilla
- 9 ounces white chocolate
- 7 ounce jar marshmallow creme
- 4 cups chicken broth
- 2 cup pecans
- 1/2 teaspoon garlic powder
- 3 teaspoons cinnamon
- 1/4 teaspoons ginger
- 1 teaspoon nutmeg
- 1 boxed yellow cake mix
- 1 can apple pie filling
- 1/2 tsp dried basil

### *Pantry Staples*

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (6 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 4)