Easy Weekly Meal Plan #62 Grocery List

Produce
Blueberries – 1/2 cup
Strawberries – 1/2 cup
Apple (any kind) – 1
Granny Smith apple – 2
Onion – 2
Carrots – 4
Parsley – 1 bunch
Taco toppings

Soup
10–3/4 oz can cream of celery
10–3/4 oz can cream of chicken
3, 10–1/2 oz cans French Onion
12 cups chicken broth

Cereal
Granola – 1/2 cup

Dairy Case
Vanilla Greek yogurt – 2 cups
Regular Greek yogurt – 1 cup
Shredded Cheddar – 1 cup
Orange juice – 1/2 cup

Condiments
Barbecue sauce – 1/2 cup
Honey – 1/2 cup

Meat
4–4.5 pounds boneless, skinless chicken thighs
6–8 pound whole chicken
2 pounds ground beef

Baking
Brown sugar – 1/4 cup
Kosher salt – 1 cup
Black peppercorns – 1 Tbsp
Cinnamon stick – 1
Salt & Pepper
Canola or vegetable oil – 2 Tbsp
Dried cranberries – 1/2 cup
Sunflower seed kernels – 1/2 cup
Chopped pecans – 1/2 cup

Canned
15–oz can black beans – 2
14–oz can whole tomatoes – 2
12–oz bag no–yolk wide egg noodles
Taco seasoning – 2 packets
Taco shells

Frozen
32–oz bag frozen meatballs

MY FEARLESS KITCHEN