Easy Weekly Meal Plan #67 Grocery List

Produce
Carrots – 1 pound
Green beans – 1 pound (or frozen)
Red bell pepper – 1
Green onions – 1 bunch
Onions – 3
Garlic cloves – 8
Burger toppings

Bread
French bread – 1 loaf

Canned
Chicken broth – 1/4 cup
Beef broth – 32 oz
10-3/4 oz can Cheddar cheese soup – 2
10-3/4 oz can cream of potato soup – 2

Breakfast
Quick-cooking oats – 2 cups

Dairy Case
Shredded cheddar cheese – 2-1/2 cups
Shredded fiesta blend chese – 8 oz
Shredded Velveeta cheese – 3 cups
Eggs – 6
Milk – 7 cups
Buttermilk – 3-3/4 cups
Butter – 3 sticks
12 oz can refrigerated biscuits – 1

Meat
Ground beef – 2 pounds
Rump or chuck roast – 3-4 pounds
Whole chicken or chicken pieces – 2.5-3 pounds
Diced ham – 1-1/4 pounds
Bacon – 4 slices

Baking
All-purpose flour – 4 cups
Sugar – 2 Tbsp
Brown sugar – 1 cup + 2 Tbsp
Baking soda – 1 tsp
Kosher salt – 1/3 cup
Whole peppercorns – 1 Tbsp
Dried minced onion – 2 Tbsp
Italian seasoning – 2 Tbsp
Cinnamon – 1-1/2 tsp
Vanilla – 4 tsp
Semi-sweet chocolate chips – 1/2 cup
Salt & pepper

Condiments
Canola oil – 2 cups
Extra-virgin olive oil – 1 Tbsp
Worcestershire sauce – 4 Tbsp
Ranch salad dressing mix – 1 packet
Ketchup – 1/2 cup
Mustard – 1 Tbsp

MY FEARLESS KITCHEN