

# Easy Weekly Meal Plan #68

## Grocery List

### Produce

Blackberries - 1 cup  
Pineapple - 1  
Onions - 5  
Garlic - 3 cloves  
Carrots - 1 pound  
Toppings for Enchilada Soup

### Bread

French bread - 1 loaf

### Canned

10-3/4 oz can cream of celery soup - 1  
10-3/4 oz can cream of mushroom soup - 2  
10-3/4 oz can cream of chicken soup - 1  
10-3/4 oz can cheddar cheese soup - 1  
10-1/2 oz can chicken broth - 1  
Chicken broth - 4 cups  
10-oz can red enchilada sauce  
14-1/2 oz can diced tomatoes  
4-oz can diced green chilis  
26-oz jar pasta sauce  
Lemon juice - 3 Tbsp  
White rice - 2 cups

### Dairy Case

Shredded cheddar cheese - 16 oz  
Shredded mozzarella cheese - 8 oz  
Eggs - 6  
Milk (any type) - 2-1/2 cups  
Whole milk - 1 cup  
Heavy whipping cream - 2 cups  
Buttermilk - 1/4 cup  
Butter - 2-1/2 sticks

### Meat

Ground beef - 1 pound  
Ground pork or sausage - 2 pounds  
Chicken breasts or thighs - 1-1.5 pounds  
Beef chuck roast - 4-5 pounds  
Thick-sliced ham steaks - 2  
Mini pepperoni - 4 oz

### Baking

All-purpose flour - 2 cups + 1 Tbsp  
Sugar - 1-1/4 cups  
Baking powder - 1/2 tsp  
Corn starch - 1 Tbsp  
8.5-oz box cornbread mix - 1  
Dried parsley flakes - 1 Tbsp  
Dried minced garlic - 1 tsp  
Garlic powder - 1 tsp  
Italian seasoning - 1 Tbsp  
Vanilla - 1 Tbsp  
Pure peppermint extract - 1 tsp  
Decorating/sparkling sugar - 2 Tbsp  
Starlight peppermints - 15 candies  
Optional - mini chocolate chips, extra peppermints  
Salt & pepper

### Frozen

12-oz frozen broccoli florets - 3  
24-oz bag Reames' frozen egg noodles

