Easy Weekly Meal Plan #69 Grocery List

Produce
Garlic – 8 cloves
Toppings for Turkey Enchiladas

Bread
Taco-size flour tortillas – 10

Canned
15-oz can pumpkin – 1
15-oz can black beans – 1
16-oz can red enchilada sauce – 1
White rice – 1-1/2 cups
Knorr Homestyle Stock (chicken or vegetable) – 2 packets
Chicken broth – 48 oz

Condiments
Extra-virgin olive oil – 2 Tbsp
Soy sauce – 1/4 cup
Apple cider vinegar – 2 Tbsp

Dairy Case
Mexican blend shredded cheese – 16 oz
Shredded Cheddar cheese – 1 cup
Eggs – 2
Egg whites – 1/2 cup
Milk – 1-1/3 cups
Butter – 5 sticks

Frozen
16-oz bag frozen pierogies – 1
10-oz bag broccoli florets – 1
12-oz bag sliced carrots – 1

Meat
Ground beef – 1 pound
Ribeye steaks – 1 pound
Pork ribs – 4 pounds
Turkey roast or breast – 3 pounds
Cooked turkey (or use leftovers) – 1 pound

Breakfast
Steel-cut oats – 2 cups
Real maple syrup – 1/4 cup

Baking
All-purpose flour – 4-1/2 cups
Sugar – 1-1/2 cups
Brown sugar – 1-1/4 cups
Molasses – 1 cup
Baking powder – 3/4 tsp
Baking soda – 4 tsp
Kosher salt – 1/2 cup
Peppercorns – 2 Tbsp
Whole allspice berries – 1-1/2 tsp
Dried parsley flakes – 1 Tbsp
Dried rubbed sage – 3-1/2 tsp
Dried thyme – 3-1/2 tsp
Dried tarragon – 1 Tbsp
Cinnamon – 2 tsp
Ginger – 1 tsp
Pumpkin pie spice – 1-1/2 tsp
Salt & pepper

MY FEARLESS KITCHEN