Easy Weekly Meal Plan #72 Grocery List

Produce
Zucchini – 1 medium
Asparagus – 1 bunch
Onion – 1
Garlic – 4 cloves
Sweet potatoes – 2 medium
Blackberries – 1 cup

Canned
Orzo pasta – 1 cup
Arborio (short-grain) rice – 1 cup
Chicken broth – 3-1/2 cups
Pineapple tidbits – 20 oz
Velveeta – 16 oz
Taco seasoning – 3 packets

Condiments
Ketchup – 1/2 cup
Barbecue sauce – 1 cup
Worcestershire sauce – 7 Tbsp
Soy sauce – 1/4 cup

Dairy Case
Eggs – 8
Shredded Parmesan cheese – 1/2 cup
Milk – 1-1/4 cups
Butter – 6 sticks

Meat
Ground beef – 5 pounds
Kielbasa sausage – 14 oz
Turkey breast cutlets – 1-1/2 pounds

Bread
Hamburger buns – 8

Beverages
Orange juice – 1/2 cup

Baking
Salt & pepper
All-purpose flour – 6-1/4 cups
Sugar – 3-1/2 cups
Brown sugar – 2 cups
Powdered sugar – 6 Tbsp
Baking powder – 1/2 tsp
Vanilla – 1 Tbsp + 1tsp
Extra virgin olive oil – 1 Tbsp
Canola oil – 3 Tbsp

Frozen
Meatballs – 32 oz
Lemonade concentrate – 1 cup

MY FEARLESS KITCHEN