

## 52 Weeks of No-Repeat Meal Plans: Week #8

Grocery List for this Week:

### Produce section

- ☐ Strawberries, 1 cup
- ☐ Lemon, 1
- ☐ Garlic
- ☐ Carrots, small bag
- ☐ Red pepper, 1
- ☐ Avocados, 3
- ☐ Baby Spinach leaves
- ☐ Alfalfa sprouts
- ☐ Tomatoes (2)
- ☐ Basil leaves
- ☐ Red onion
- ☐ Bananas
- ☐ Parsley, 1 bunch
- ☐ Jalapeno pepper
- ☐ Corn on the cob (x number servings)
- ☐ Shallots
- ☐ Mushrooms, 1 cup sliced
- ☐ Fancy olives if desired for pizza
- ☐ Roma tomatoes, 2
- ☐ Granny Smith Apples, 2
- ☐ Berries of choice
- ☐ Veggies for snacking and salads
- ☐ Fruit for snacking

### Meat | Poultry | Fish section

- ☐ Salmon filet, 6 ounce
- ☐ Bacon, 19 slices
- ☐ Chicken breasts, 2 boneless skinless
- ☐ Chopped clams, 2 (12 ounce) cans
- ☐ Whole chicken

### Canned | Packaged section

- ☐ Large flour tortillas, 10 pack
- ☐ Fajita style tortillas, 8
- ☐ Rice
- ☐ Farfalle pasta, 1 pound
- ☐ Chicken broth, 3 cup
- ☐ Quinoa spaghetti (or favorite variety/shape pasta)
- ☐ 2 (15 ounce) cans black beans
- ☐ Graham crackers

### Dairy | Refrigerated | Eggs section

- ☐ Eggs, 17
- ☐ Milk
- ☐ Butter, ½ cup plus 7 tablespoons
- ☐ Chive and onion cream cheese
- ☐ Monterrey Jack cheese, 1/2 cup shredded
- ☐ Cheddar cheese, grated, 2 1/4 cups
- ☐ 2 (12.4) ounce cans refrigerated reduced fat cinnamon rolls with icing
- ☐ Plain spreadable cream cheese
- ☐ Heavy cream, 2 cups
- ☐ Parmesan cheese block, shredded, 1 ¾ cup and ½ cup grated
- ☐ Butter, unsalted, 1 cup tablespoons
- ☐ Italian blend shredded cheese, or cheddar based on preference ( 1 cup)
- ☐ Feta cheese
- ☐ Refrigerated crescent rolls
- ☐ Brie cheese

### Bakery section

- ☐ Italian bread
- ☐ Thin bagels
- ☐ Sandwich bread (whole wheat or sourdough)

### Baking Aisle | Spices | Seasoning section

- ☐ Quick oats, 3 cups
- ☐ Brown sugar
- ☐ Evaporated milk
- ☐ Pecans, 1 cup, chopped
- ☐ Corn meal
- ☐ Rosemary
- ☐ Adobo seasoning
- ☐ Active dry yeast packets
- ☐ Flour
- ☐ Slivered almonds, ¾ cup
- ☐ Light corn syrup
- ☐ Chocolate chips, 1 small bag

- ☐ Pretzels
- ☐ 1 (10 ounce) can green enchilada sauce
- ☐ 4 ounce can mild green chilis

#### **Frozen section**

- ☐ Tater tots, 16 ounces

#### **Other**

- ☐ Nutella
- ☐ Maple syrup
- ☐ Cooking spray, butter flavored
- ☐ Dry white wine or fish stock
- ☐ Popcorn, 2 regular microwave bags natural flavored
- ☐ Tortilla chips
- ☐ Peanut butter
- ☐ Crackers