

52 Weeks of No-Repeat Meal Plans: Week #3

Grocery List for this week:

Poultry | Meat section

- ☐ Ground beef (1 pound)
- ☐ Bacon (1/2 pound)
- ☐ Ground turkey (1.25 pounds)
- ☐ Ground pork sausage (1 pound)
- ☐ Chicken breast (3 cups plus 5 boneless)
- ☐ Fillet of Striped bass or red
- ☐ snapper (2 pound with skin intact)

Condiments section

- ☐ Peanut butter (creamy)
- ☐ Ketchup
- ☐ Vinegar

Produce section

- ☐ Celery
- ☐ Carrots (small bag to shred)
- ☐ Green papaya or cucumber
- ☐ Chili peppers (3)
- ☐ Limes, 3
- ☐ Green onions
- ☐ Garlic, 2
- ☐ Broccoli, 1 bunch
- ☐ Tomatoes, Roma, 6-8 cups
- ☐ Strawberries, 2 pints
- ☐ Blueberries, 2 pints
- ☐ Red grapes, 1 cup
- ☐ Green grapes, 1 cup
- ☐ Mint leaf
- ☐ Cilantro
- ☐ Bell pepper, 1
- ☐ Parsley
- ☐ Russet potatoes, 4 cups
- ☐ Mushrooms, 8 ounces
- ☐ Sweet potatoes, 2 small
- ☐ Yukon gold potato, 1 medium

Dairy | Eggs section

- ☐ Parmesan cheese (1/2 cup)
- ☐ Mozzarella cheese (1 cup)
- ☐ Mozzarella slices
- ☐ Colby pepper jack cheese (4 ounces)
- ☐ Cream cheese (8 ounces)
- ☐ Cottage cheese (1 ½ cups)
- ☐ Semisoft cheese with garlic and roasted pepper (5.2 ounce)
- ☐ Milk
- ☐ Heavy cream (2 cups)
- ☐ Butter or margarine (4 pack)
- ☐ Pie crust (ready-made)

Baking section

- ☐ Chocolate chips (small bag)
- ☐ Brown sugar
- ☐ Flour
- ☐ Powdered sugar

Canned | Packaged section

- ☐ Pretzels (16 oz)
- ☐ Mint oreos
- ☐ Bread crumbs (panko)
- ☐ Chicken broth (4 cans)
- ☐ Refried beans
- ☐ Corn, 1 can
- ☐ Black olives
- ☐ Quick oats
- ☐ Chex cereal, small
- ☐ 16 soft flour tortillas (regular or whole wheat)
- ☐ Pasta shells (medium, 3 cups)
- ☐ Pasta sauce (or make own)

Asian section

- ☐ Soy sauce
- ☐ Fish sauce

Frozen section

- ☐ Cool whip
- ☐ Mixed frozen veggies (16 ounces)

Deli section

- ☐ Pepperoni slices
- ☐ Diced ham

Other

- ☐ Basil, dried
- ☐ Chili powder
- ☐ Cayenne pepper
- ☐ Onion powder
- ☐ Peanuts, salted no shells
- ☐ Peanut M&Ms (12.6 ounces)