

## 52 Weeks of No-Repeat Meal Plans: Week #4

Grocery List for this Week:

### Produce section:

- ☐ Kiwi, 3
- ☐ Onion (3)
- ☐ Jalapeno
- ☐ Bananas, 6
- ☐ Berries and/or fruit for parfaits (4-6 cups)
- ☐ Berries for cream cheese rollups (1/2 cup optional)
- ☐ Grapes
- ☐ Avocado
- ☐ Lime, 2
- ☐ Baby kale leaves (1/2 cup)
- ☐ Tomato (3)
- ☐ Arugula (1 cup)
- ☐ Grape tomatoes (1 cup)
- ☐ Romaine lettuce
- ☐ String beans (2 cups)
- ☐ Garlic
- ☐ Russet potatoes
- ☐ Cilantro
- ☐ Lemons, 2
- ☐ Bell peppers, 2
- ☐ Carrots for roast
- ☐ Fresh fruit for snacks
- ☐ Grapes for snack

### Bakery section

- ☐ English Muffins
- ☐ Sourdough Bread
- ☐ Cinnamon Bread

### Meat | Poultry | Fish section

- ☐ Bacon, 1 package (split between recipes)
- ☐ Pork breakfast sausage, 1 pound
- ☐ 13.5 ounces Kielbasa sausage (I used 2 single-serve sealed Johnsonville sausages)
- ☐ 1-1 ½ pounds ground beef or ground turkey
- ☐ Chicken, 1 pound skinless, boneless
- ☐ 6-8 Tilapia Fillets (about 24 ounces)

### Condiments section

- ☐ Salsa
- ☐ Honey
- ☐ Dill pickles (small)
- ☐ Ranch dressing or deli mustard (optional)
- ☐ Lemon juice
- ☐ Dijon mustard
- ☐ Soy sauce
- ☐ Sriracha hot sauce
- ☐ Dry Italian dressing mix (.6 ounce package)

### Diary | Refrigerated | Eggs section

- ☐ Eggs, 2 dozen
- ☐ Fat free plain Greek yogurt, 1 ½ cups
- ☐ Vanilla yogurt, 4-6 cups
- ☐ Cheddar or Pepper Jack cheese, 12 ounces
- ☐ Butter
- ☐ Cream cheese, 8 ounces low fat
- ☐ 8 ounces of cheese (choice) snack
- ☐ Butter, 4 sticks
- ☐ Milk

### Baking Aisle | Spices | Seasoning section

- ☐ Almond extract (optional for smoothies)
- ☐ 2 packages instant pudding (vanilla)
- ☐ Ground chipotle pepper
- ☐ Pumpkin (use pumpkin puree instead if you have it)
- ☐ Oatmeal
- ☐ Flour (1 cup)
- ☐ 1 package chocolate chips (divided)

### Canned | Packaged section

- ☐ 6 inch Corn tortillas- 8
- ☐ 10 inch flour tortillas (1 package)
- ☐ Garbanzo beans
- ☐ Chili beans (3- 14 ounce cans)
- ☐ 6 inch skewers (8)
- ☐ Crushed tomatoes (28 ounce can)

- ☐ Roast, beef 3-4 pounds

**Deli section**

- ☐ Deli-sliced turkey breast, good quality (1 lb.)
- ☐ Muenster cheese (4 slices)

**Frozen section**

- ☐ Blueberries, 1 cup
- ☐ Cool whip, 16 ounces
- ☐ Mixed vegetables, 16 ounces

- ☐ Rotel (10 ounces, or other diced tomatoes with green chilies)
- ☐ Mandarin oranges (2 -15 ounce cans)
- ☐ Pineapple tidbits (15 ounce can)
- ☐ Small flour tortillas
- ☐ Golden Mushroom Soup
- ☐ Pretzels

**Other**

- ☐ Beef bouillon cubes