

52 Weeks of No-Repeat Meal Plans: Week #5

Grocery List for this Week:

Produce section

- ☐ Onion, 2
- ☐ Mushrooms, 1 cup
- ☐ Russet potatoes, 5 pounds
- ☐ Parsley
- ☐ Tomato (4)
- ☐ Cilantro
- ☐ Garlic
- ☐ Red bell pepper, 4
- ☐ Yellow squash, 1
- ☐ Bananas, 5
- ☐ 1 (7 ½ ounce) bag Caesar salad complete mix
- ☐ Limes (2)
- ☐ 3 ears corn
- ☐ Mango, enough for 1 ½ cups
- ☐ Green onions
- ☐ Jalapeno
- ☐ Avocado
- ☐ Veggies for side salads and snacking
- ☐ Fruit for snacking

Meat | Poultry | Fish section

- ☐ Bacon, 2 pound
- ☐ Ground beef, 1 1/2 pound
- ☐ Chicken breast, 1 ½ pounds, boneless strips
- ☐ Sausage, ground country, 1 pound

Bakery section

- ☐ Cottage Bread, loaf

Condiments section

- ☐ Roasted red pepper
- ☐ Red Wine Vinegar
- ☐ Honey
- ☐ Peanut butter, creamy
- ☐ Chocolate syrup
- ☐ Ranch salad dressing
- ☐ Bacon bits

Frozen section

- ☐ Spinach, 10 ounces chopped

Dairy | Refrigerated | Eggs section

- ☐ Fat Free Ricotta cheese, 15 ounces
- ☐ Parmesan cheese, ½ cup
- ☐ Mozzarella cheese, skim, 3 oz
- ☐ Eggs, 17
- ☐ Heavy cream, 3 cups
- ☐ Sour cream
- ☐ Cheddar cheese, 2 cup
- ☐ Milk
- ☐ Buttermilk, 2 cups
- ☐ Swiss cheese, ½ cup shredded or diced
- ☐ Provolone cheese, ½ cup shredded or diced
- ☐ Butter, 4 sticks
- ☐ Margarine, 4 sticks
- ☐ Cream cheese, 2 (8 ounce) packages
- ☐ Refrigerated pie crust
- ☐ 1 package refrigerated cheese-filled tortellini (9 ounces)
- ☐ Crumbled Cotija cheese, 2 ounces
- ☐ Yogurt for snacks
- ☐ Cheese for snacks

Baking Aisle | Spices | Seasoning section

- ☐ Flour
- ☐ Active dry yeast (1 package)
- ☐ Paprika
- ☐ Ground Ginger
- ☐ Mini-marshmallows (2-8 ounce bags)
- ☐ Baking Cocoa Powder
- ☐ Mini-chocolate chips, ¾ cups
- ☐ Chili powder
- ☐ Pecans, ½ cup
- ☐ Coconut flakes
- ☐ White chocolate baking chocolate squares
- ☐ Condensed milk

Canned | Packaged section

- ☐ Lasagna noodles (16 ounce package)
- ☐ Tomato sauce, 32 ounces
- ☐ Chicken broth (7 cups)

Others

- ☐ M&Ms to go with yogurt

- ☐ Cream of chicken soup
- ☐ Mild green chilies, 4 ounce can
- ☐ 1 (14 ounce) Goya Tapas Para
- ☐ Empanadas (Puff Pastry Dough) or Goya Discos empanada dough
- ☐ Flour tortillas, 6 burrito-size
- ☐ Rice, white long-grain
- ☐ Tomato paste
- ☐ 10 inch whole wheat tortillas
- ☐ Salsa
- ☐ Black beans, 2 (15 ounce cans)
- ☐ Cheerios cereal, 8 cups
- ☐ Crackers