

# Grocery List



# Meal Plan

## Fruits

- 3lbs snack sized apples, 2 bunches of bananas
- 3lbs Halos (mandarin oranges)
- 8-10 oranges, 8-10 apples
- 1 pineapple, 2 mango, 1 pkg blueberries

## Vegetables

- 2lbs carrots, 1 bunch celery, 1 med onion
- 4 colored peppers, 6 cucumbers
- 3 pack of romaine heads, 2-3 tomatoes
- 2 ripe avocados

## Meats

- Rotisserie chicken (2 if small)
- 3lbs ground hamburger, 1lb bacon
- 1 package of precooked meatballs
- 2 pkg lunch meat (turkey and ham)
- 1 dozen eggs

## Dairy

- 2 gallons milk, coffee creamer, 8oz sour cream
- 8oz each shredded cheddar and mozzarella cheese
- 8oz apple smoked cheddar cheese, yogurt
- Sliced cheese for burgers and sandwiches

## Dry goods

- 2 boxes of mac and cheese,
- 1 jar apple cranberry chutney
- Spaghetti, jar of pasta sauce
- 1 box Suddenly Salad pasta salad kit
- 1 pkg hamburger buns, 1 loaf of bread
- 1 loaf Vienna bread
- Tortilla chips + salsa or guacamole
- tortilla shells (soft or hard)
- 3 32oz cartons chicken broth
- Rice, cereal, coffee
- Snacks: Cheez-its, granola bars, etc

## Frozen goods

- 2 pizzas, 1 pkg tater tots
- 12 or 16oz bag of Reames noodles

## Sale items/Additional items

- Butter, margarine, oil, ketchup, taco seasoning
- Extra cheese, mayo, pickles
- crackers

## Monday

- Paninis
- Suddenly Salad pasta salad
- cucumbers, carrots, and celery
- apples

## Tuesday

- Spaghetti and meatballs
- cheesy bread (boughten or homemade)
- pineapple
- cucumbers

## Wednesday

- Chicken Noodle soup
- (ingredients on list – or buy premade)
- bread or crackers with cheese
- carrots, celery, and apples

## Thursday

- Tacos
- rice or chips
- mangos and blueberries
- peppers

## Friday

- Pizza
- oranges

## Saturday

- Rotisserie Chicken
- macaroni and cheese
- carrots and celery
- apples

## Sunday

- Hamburgers
- Tater Tots
- oranges
- peppers