



Grocery List - Week 56

Produce

- 1 cup corn kernels
- cherry tomatoes (garnish)
- 1 bunch of cilantro
- 2 limes
- 1 avocado
- 1 small red onion
- 9 medium carrots
- 3 yellow onion
- 3 gloves of garlic
- 2 green peppers
- 1 cup snow peas
- 3 cups diced fresh pineapple
- 2 large pears

Refrigerated/Frozen

- 4 ounces cream cheese
- 1/2 cup sour cream
- 2 cup shredded cheddar cheese
- 1 1/2 cups Monterey jack cheese
- 3/4 cup heavy cream
- 1/2 cup milk
- 4 cups of mixed frozen vegetables
- 1 3/4 cups shredded Colby Jack cheese
- 1/2 cup buttermilk

Meat/Poultry/Seafood

- 1 pound boneless, skinless chicken thighs
- 1 cup cooked and shredded chicken
- 1 pound hamburger
- 2 pounds beef top sirloin steak
- 6 slices cooked and crumbled bacon

Pantry

- 16 ounces egg noodles
- 1 teaspoon chili powder
- 3/4 teaspoon ground cumin
- 1 cup canned black beans
- 10 ounces red enchilada sauce
- 4 ounce can diced green chilies
- tortilla strips
- 3 tbsp + 1 teaspoon coconut oil
- 1 teaspoon dried marjoram

- 1 cup + 2 tablespoons flour
- 1 package Near East Long Grain & Wild Rice w/ flavor packet
- 4 cups low sodium chicken broth
- 1 tablespoon Italian seasoning
- 2 1/2 cups of beef broth
- 5 tablespoons cornstarch
- 2 packages of instant mashed potatoes
- 12.7 ounces Rob. Rothschild Pineapple & Habanero
- 4 1/2 cups baking mix
- 1 tbsp dried parsley
- 1 box yellow cake mix
- 3/4 cup + 4 tbsp sugar
- 2 cups beer
- 2 1/2 cup old-fashioned rolled oats
- 1/2 cup brown sugar
- 3 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground nutmeg
- 1 1/2 cups cake flour
- 1/2 teaspoon baking soda
- 2 teaspoons vanilla extract
- 1/4 cup sliced almonds
- powdered sugar
- 10 ounces mini marshmallows
- 3 tablespoons maple syrup
- 6 cups Rice Krispies cereal
- 1/2 cup ground flaxseed
- 2 tablespoons brewers yeast
- 1/2 cup honey
- 1 cup peanut butter
- 1/2 cup dark chocolate chips

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (3 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 2)