- WEEKLY MEAL PLAN 6: SHOPPING LIST -


GROCERIES

- 4-6 carrots
- 4-6 potatoes
- 3 large onions
- 2-3 bell peppers
- 2 avocados
- 2 cups shredded cabbage
- 1-2 large tomatoes
- 1 medium zucchini
- 5 cloves garlic
- 1/4 cup parsley
- 2-3 tablespoons basil
- 1 tablespoon rosemary
- 1 tablespoon thyme
- 8 eggs
- 3 sticks butter
- Grated Parmesan
- 3 cups shredded sharp cheddar cheese
- 2 pounds lean ground beef
- 1 pound chicken
- 1 pound bacon
- 1 pound pasta
- 2 cups brown lentils
- 1 cup quinoa
- 3 cups frozen corn
- 1 quart broth
- 1 quart canned whole or diced tomatoes
- 1 cup jarred tomato salsa
- 1 15-ounce can black beans
- 1 15-ounce jar Alfredo sauce
- 1/2 cup ketchup
- 2 tablespoons mayonnaise
- 2 tablespoons sweet pickle relish
- Pickles
- 1/2 cup corn syrup
- 1 cup brown sugar
- 2 4.4-ounce white chocolate bars
- 8 flour tortillas
- 4-6 hamburger buns
- 12 cups popped popcorn

PANTRY STAPLES

- Yellow mustard
- Worcestershire sauce
- Onion powder
- Garlic powder
- Pepper
- Salt
- Cumin
- Baking soda
- Vanilla extract
- Olive oil