



Weekly Meal Plan 37 Grocery Checklist

Meat & Seafood

- ☐ 3.5 lbs ground beef (1 lb + 1lb + 1.5 lbs)
- ☐ 1 lb shrimp, peeled and deveined
- ☐ 1 cup sliced smoked sausage or kielbasa
- ☐ 26 oz bag frozen meatballs (beef & pork blend)

Vegetables & Fresh Produce

- ☐ 4 medium onions
- ☐ 3 cloves garlic
- ☐ 1 bell pepper
- ☐ 4 medium potatoes
- ☐ 5–6 tart apples (about 2 lbs)
- ☐ 2 tablespoons fresh parsley
- ☐ 1 lemon

Optional: thinly sliced green onions, fresh cilantro, olives

Canned & Jarred Goods

- ☐ 15 oz can corn
- ☐ 15 oz can pinto beans
- ☐ 2 (10 oz–10.5 oz) cans diced tomatoes with green chilies (Rotel style)
- ☐ 15 oz can tomato sauce
- ☐ 10.5 oz can French onion soup
- ☐ 14.5 oz can beef broth
- ☐ 4 cups beef broth (additional, carton or cans)
- ☐ 10.5 oz can cream of chicken soup
- ☐ 10.5 oz can cheddar cheese soup
- ☐ 12 oz evaporated milk

Dairy & Refrigerated

- ☐ 13 cups shredded cheddar cheese
 - ☐ 2 tablespoons Parmesan cheese
 - ☐ ½ cup heavy cream
 - ☐ 4 tablespoons butter
- Optional: sour cream (taco topping)

Dry Goods & Pantry

- ☐ 1 lb spaghetti noodles
- ☐ 1 packet taco seasoning
- ☐ 2 (0.87 oz) packages brown gravy mix
- ☐ 1 tablespoon Montreal steak seasoning
- ☐ 1 cup catsup (ketchup)
- ☐ ¾ cup brown sugar
- ☐ 1 tablespoon yellow mustard

Spices & Seasonings

- ☐ 1 ½ teaspoons smoked paprika
- ☐ 1 ½ teaspoons ground cumin
- ☐ 1 ½ teaspoons chili powder (adjust to taste)
- ☐ 2 teaspoons salt (1 + ½ + ½ across recipes)
- ☐ 1 teaspoon ground cinnamon
- ☐ ½ teaspoon black pepper
- ☐ ⅛ teaspoon garlic powder

Oils & Cooking Staples

- ☐ 2 tablespoons olive oil

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[Old Fashioned Sloppy Joe's](#)
[Crockpot Meatballs and Gravy](#)
[Taco Spaghetti Casserole](#)
[Roasted Shrimp Recipe](#)
[Crockpot Cowboy Stew](#)

 Notes