



## Weekly Meal Plan 40 Grocery Checklist

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### Proteins

- 2 ½ pounds ground beef (1 ½ lbs + 1 lb)
- 6 bone-in, skin-on chicken thighs
- 1 pound ground pork

### Canned & Packaged Goods

- ½ cup salsa
- ¼ cup water
- 1 ounce packet taco seasoning mix
- 12 ounces medium pasta shells
- 15-ounce can fire roasted tomatoes, drained
- 1 package wonton wrappers

### Dairy & Cheese

- 4 cups shredded sharp cheddar cheese
- 1 cup freshly grated Colby Jack cheese
- ½ cup sour cream
- 8 ounces cream cheese

### Produce

- 2 onions
- 2 heads broccoli
- 1 (8 oz) package sliced mushrooms
- 2 carrots
- 1 clove garlic
- 3 zucchini
- green onions,
- 1 bunch parsley
- 1 fresh lemon

### Pantry Staples & Seasonings

- flour
- 2 cups chicken or vegetable stock
- 2 cups whole milk
- 2 tablespoons butter
- olive oil
- red pepper flakes
- Tabasco sauce (optional)
- dried Italian seasoning
- Worcestershire sauce
- ground ginger
- sesame oil (1 tsp + 1 tsp)
- chili paste
- hoisin sauce
- soy sauce
- Italian salad dressing (zesty or robust)

[Ground Beef or Turkey Taco Meat](#)

[Broccoli Cheese Soup](#)

[Cheesy Hamburger Casserole](#)

[Italian Chicken Thighs](#)

[Homemade Pot Stickers](#)

 **Notes**