



Weekly Meal Plan 44 Grocery Checklist

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Meat & Poultry

- ☐ 1 pound lean ground beef
- ☐ 1 pound ground turkey
- ☐ 3-4 cups shredded rotisserie chicken
- ☐ 20 oz package 15 bean mix with diced ham plus ham hock
- ☐ 26 oz bag frozen meatballs

Dairy

- ☐ 8 ounces cream cheese (softened)
- ☐ ½ cup heavy cream
- ☐ 2 cups milk
- ☐ 1 ½ cups grated cheddar cheese
- ☐ 2 cups shredded mozzarella or Italian cheese blend

Produce

- ☐ 5 carrots
- ☐ 2 yellow onions
- ☐ 1 medium onion)
- ☐ 2 cloves garlic
- ☐ 2 stalks celery
- ☐ 1 red bell pepper
- ☐ 1 cup broccoli florets
- ☐ 1 cup baby spinach
- ☐ whole cherry tomatoes
- ☐ ½ cup chopped sun-dried tomatoes (oil-packed)

Canned Goods & Broths

- ☐ 10.5 oz can cream of chicken soup
- ☐ 10.5 oz can French onion soup
- ☐ 14.5 oz can chicken broth
- ☐ 14.5 oz can beef broth

Pantry, Seasonings, Pasta

- ☐ ¼ teaspoon red pepper flakes
- ☐ 1 teaspoon Italian seasoning
- ☐ ½ teaspoon garlic powder
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon chili powder
- ☐ 1 bay leaf
- ☐ 0.6 oz packet Italian dressing mix
- ☐ 2 packages brown gravy mix
- ☐ 6 ounces ramen noodles
- ☐ 1 pound spaghetti
- ☐ 2 cups uncooked macaroni noodles

Condiments, Sauces & Oils

- ☐ ½ cup teriyaki sauce
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon vegetable or corn oil

[Slow Cooker Meatballs and Gravy](#)

[Homemade Hamburger Helper](#)

[Angel Chicken Casserole](#)

[Chicken Teriyaki Ramen Noodles](#)

[15 Bean Soup with Ham](#)



Notes

This grocery list was carefully prepared, but please double-check the ingredient lists for each recipe before shopping!

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