



Weekly Meal Plan 45 Grocery Checklist

Grocery List

Click on the name to go right to the recipe

Meat & Protein

- 1 pound ground pork
- 1 pound ground beef
- 3 cups cooked chicken, diced
- 2 cups cubed ham

Produce

- green onions
- 4 onions
- 2 bell peppers
- 4 carrots
- 2–4 cloves garlic
- 2 heads broccoli
- 8–10 cups russet potatoes

Dairy & Refrigerated

- cream cheese
- shredded cheddar cheese
- 2 12 ounce cans evaporated milk
- whole milk
- butter

Seasonings & Spices

- ground ginger
- chili paste
- sesame oil
- hoisin sauce
- soy sauce
- 2 ranch seasoning mix
- taco seasoning mix
- red pepper flakes
- Tabasco sauce (optional)
- flour
- French fried onions
- olive oil

Pasta, Grains & Wrappers

- wonton wrappers
- egg noodles
- tortilla chips

Canned Goods & Soups

- 3 cans cream of chicken soup
- 14.5 oz can diced tomatoes with green chiles
- 4 oz can diced green chiles
- 1 can corn kernels
- 1 can black beans
- 2 cups stock (chicken or vegetable)
- 1 cup frozen peas and carrots

Friendly Reminder

Check your pantry before shopping—some staples like spices, oils, and condiments may already be on hand!

[Ham and Potato Casserole](#)

[Broccoli Cheese Soup](#)

[Cattle Drive Casserole](#)

[Ultimate Chicken Noodle Casserole](#)

[Homemade Potstickers](#)

Notes