



Weekly Meal Plan 46 Grocery Checklist

Grocery List

Produce

- 6–8 cups russet potatoes
- 1 yellow onion
- 2 stalks celery
- 1 clove garlic
- 1 bunch asparagus

Meat & Protein

- 1 pound lean ground beef
- 2½ pounds boneless, skinless chicken thighs
- 8 eggs

Dairy & Refrigerated

- 2 cups shredded cheddar cheese
- Shredded pepper jack cheese
- Parmesan cheese
- Sour cream or cream

Seasonings & Spices

- Taco seasoning
- 1 tablespoon tomato paste
- Smoked paprika
- Onion powder
- Garlic powder
- Red pepper flakes

Pantry & Grains

- 6 (8-inch) flour tortillas
- Vegetable stock

On Hand

- Olive oil
- Butter
- Salt and pepper

Click on the name to go right to the recipe

Homemade Pizza

[Bubble Up Pizza Casserole](#)

[Easy Homemade Pizza](#)

[CPK BBQ Chicken Pizza](#)

[Naan Pizza Bread](#)

[Pizza Spaghetti](#)

[Easy Potato Soup Recipe](#)

[Ground Beef Quesadillas](#)

[Air Fryer Boneless Chicken Thighs](#)

[Vegetable Frittata](#)

Notes

Please note, the pizza ingredients are not listed on the grocery list as you should choose which pizza you'd like!

Friendly Reminder

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