



Weekly Meal Plan 46 Grocery Checklist

Grocery List

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Produce

1 yellow onion
1 leek
8 roma tomatoes
2 carrots
1 zucchini
2 Yukon gold potatoes
4 cups fresh broccoli florets
2 cloves garlic
Zest and juice of 1 orange
4 cups raspberries

Meat & Protein

1 pound ground beef
3 cups shredded rotisserie chicken
1½ pounds boneless, skinless chicken thighs or breasts
6 eggs

Dairy & Refrigerated

1 cup shredded mozzarella cheese
1½ cups shredded pepper jack cheese
3 cups shredded sharp cheddar cheese
6 ounces cream cheese
1½ cups heavy cream
5 tablespoons salted butter, thinly sliced

Canned Goods & Soups

3 cans cream of chicken soup
1 can cream of celery soup or cream of mushroom
1 can sweetened condensed milk
5½ cups chicken broth (4 cups + 1½ cups)
24-ounce jar spaghetti sauce
12 ounces evaporated milk

Bread & Bakery

1 loaf French bread

Pasta, Rice & Grains

10-ounce bag frozen cheese-filled ravioli
1 pound spaghetti
1 cup uncooked long-grain white rice

Frozen & Refrigerated

4 cups raspberries
½ cup sliced almonds

Seasonings & Spices

Garlic powder
Onion powder
Salt & Pepper
Red pepper flakes
Italian seasoning
Dijon mustard
Montreal steak seasoning
Olive oil
Almond extract

[Crockpot Lasagna](#)

[Raspberry Orange Breakfast Strata](#)

[Cheesy Broccoli Chicken Spaghetti](#)

[Roasted Tomato Soup](#)

[Stick of Butter Chicken and Rice Casserole](#)

Notes

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