



Weekly Meal Plan 48 Grocery Checklist

Grocery List

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Produce

1 leek
2 onions
2 cups sliced mushrooms
1 head garlic
1 cup whole cherry tomatoes
2 yams
½ head cauliflower
1 cup fresh Brussels sprouts
4 cups potatoes
1 avocado
1 jalapeño
sliced olives
pico de gallo or salsa
cilantro

Meat & Protein

4 cups cooked chicken or turkey
3–4 skinless boneless chicken breasts
1 pound hamburger
1 pound prepared taco meat
10 slices bacon

Dairy & Refrigerated

1 cup shredded mozzarella cheese
3 cups shredded cheddar cheese
1 cup cottage cheese (or ricotta)
8 ounces cream cheese
½ cup sour cream

Pasta, Rice & Grains

12-ounce jumbo pasta shells
1 cup cooked rice
3 lb frozen tater tots

Canned Goods & Broths

4 cups chicken or turkey stock
4 cups beef broth
14.5-ounce can chicken broth
10.5 oz can cream of chicken soup
2 jars Alfredo sauce

Seasonings & Spices

Salt, pepper, Italian seasoning
red pepper flakes
ranch dressing mix
Montreal steak seasoning
garlic powder
Dijon mustard
2 (.87-ounce) packets chicken gravy mix

[Tater Tot Nachos](#)
[Crockpot Chicken and Gravy.](#)
[Bacon Cheeseburger Soup](#)
[Chicken Alfredo Stuffed Shells](#)
[Leftover Turkey Soup](#)

Notes

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