Grocery LIST

WEEK

DATE

PROTEIN

- 2 lbs ground chicken
- 1.5 lbs ground beef
- 2 lbs ground turkey
- 2.5 lbs chicken thighs (bone-in or boneless)
- 1 dozen eggs

DAIRY

- Butter (1 stick + extra for general use)
- Milk (for cornbread & general use)
- Shredded mozzarella cheese (1½ cups)
- Parmesan cheese (1 cup grated)

DRY GOODS

- White rice (at least 2 cups)
- 4 cups all-purpose flour (buy 5 lb bag)
- 1 box Jiffy cornbread mix
- Pizza sauce or tomato paste
- Breadcrumbs
- Brown sugar
- Granulated sugar
- Chocolate chips
- Rolled oats (1½ cups)
- Yeast (2¼ tsp or 1 packet)
- Olive oil
- Honey or maple syrup
- Baking soda
- Baking powder
- 12 corn tortillas

PRODUCE

- 3 ripe bananas
- 4 carrots
- 3 celery stalks
- 4 russet potatoes
- 2 sweet potatoes
- 2 heads of broccoli
- 1 large yellow onion + ¼ onion
- 2 Roma tomatoes
- 1 lime
- 1 bunch fresh cilantro
- ½ head of lettuce (for tacos)
- 1 lb green beans
- 2 ripe avocados
- 2 cloves garlic (plus extra if you like!)

PANTRY

- Salt
- Black pepper
- Italian seasoning
- Garlic powder
- Cumin
- Chili powder
- Paprika
- Optional: taco seasoning packet

OTHERS

Optional pizza toppings