

Grocery LIST

WEEK _____

DATE _____

PROTEIN

- Chicken thighs
- Ground turkey or ground chicken
- Ground beef (Dinner 3 & 5)
- Eggs

DAIRY

- Butter
- Cheddar cheese

DRY GOODS

- Rice
- Rolled oats
- All-purpose flour
- Potatoes (for dinners & breakfast potatoes)
- Bread or buns (for sloppy joes)

PRODUCE

- Onion (used in 4 recipes)
- Zucchini (used in 2 recipes)
- Bell peppers (used in 2 recipes)
- Apples
- Broccoli (frozen or fresh)

PANTRY

- Olive oil
- Garlic powder
- Salt
- Black pepper
- Paprika
- Brown sugar
- Ketchup
- Yellow mustard
- Crushed tomatoes (used in 2 recipes)
- Honey
- Peanut butter
- Vanilla extract (optional)
- Cinnamon (optional)

OTHERS

- Foil (for baking sheet lining, optional)
- 8x8 baking dish (for oat bars)
- Cooking spray or parchment paper (for no-bake bars)