

## Grocery LIST: Weekly Meal Plan 3

Oven Tacos  
BBQ Chicken Sandwich & Tots  
Chicken Pot Pie Soup & Biscuits  
Orecchiette Kale Pasta  
Turkey Sausage, shroom Potato Gratin  
Butternut Squash Soup

### Produce

- 5 sweet onions
- Green onions
- 3 large garlic cloves, chopped
- 2 medium russet potatoes
- 1.5 pounds red potatoes
- ¼ cup bell pepper, minced
- 3 celery stalks
- Bag of carrots
- 1 cup frozen or fresh peas
- 2 butternut squash (about 1 1/2 pounds)
- Cauliflower head
- 5 cups bagged prewashed kale
- 4 ounces cremini mushrooms
- Packaged coleslaw
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh thyme
- \*Cilantro or Parsley {for cauliflower tots}
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### Aisle/ Dry food

- 1 loaf French bread
- 5 cups low-sodium chicken broth
- 1/2 cup no-salt-added ketchup
- 2 tablespoons honey mustard
- 8 ounces orecchiette pasta
- 1 small can diced green chilies
- 1 Taco Seasoning pack {or 1 recipe for [Homemade taco seasoning](#)}
- 1 (8 ounce) can low sodium tomato sauce
- 1 (16 ounce) can fat free refried beans
- 1/4 cup oil-packed sun-dried tomatoes
- 18-20 hard taco shells *{if gluten free, be sure they are}*
- 6 (1 1/2-ounce) hamburger buns, toasted
- ¼ cup breadcrumbs
- 1 1/2 cups all-purpose flour
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### Dairy

- Eggs
- ½ cup cheddar cheese, shredded
- 1 cup shredded parmesan cheese
- 1 ounce Parmigiano-Reggiano cheese
- 2 cups shredded reduced fat Colby-jack cheese
- 6 ounces shredded Swiss cheese
- 14 Tbsp butter
- 3 cups milk
- 1 cup heavy cream {or half and half}
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### Meat

- 2 lbs ground beef (or turkey/chicken)
- 1 rotisserie chicken
- 20 oz. boneless skinless chicken breast
- 2 slices center-cut bacon
- 2 (4-ounce) hot turkey Italian sausage links
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**Things to probably already have, I DID**

**NOT add these to the list:**

3/4 teaspoon ancho chile powder

3/4 teaspoon smoked paprika

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon ground cumin

1/2 tsp dried parsley

1/4 tsp dried thyme

1/4 tsp dried crushed rosemary

1/2 teaspoon crushed red pepper

1 bay leaf

Cooking spray

3 tablespoons canola mayonnaise

1/2 teaspoon Worcestershire sauce

2 tablespoons cider vinegar

1/2 teaspoon freshly ground black

pepper

3/8 teaspoon salt

1 teaspoon sugar

1/2 tsp baking powder