

Grocery List

TWO-WEEK DINNER MEAL PLAN

This is your printable grocery list that are all the ingredients you need for the two weeks' worth of dinners listed on this post (CLICK).

Meats

- Bacon 15 slices
- Chicken (whole) 3.4 - 4 lbs
- Chicken breast 3.25 lbs
- Ground chicken or turkey 1 lb
- Ground Turkey 20 oz (1 pack)
- Scallions 4

Vegetables & Fruits

- Red onion 3 recipes
- Small potatoes (red or white-skinned) 1.5 lbs
- Spinach 2 bunches
- Sweet potatoes 4
- Tomatoes 3 recipes
- Yellow onion 1 dozen

Vegetables & Fruits

- Apple 15 slices
- Baby carrots 4-5 cups
- Butter lettuce 1 large head
- Butternut squash 1
- Carrot 12-15 pcs
- Celery 4 stalks
- Chives (fresh) 4 stalks
- Cilantro 3 tbsp
- Cranberries (dried) .5 cup
- Cucumber 0.5
- Fresh Basil 4 stalks
- Frozen Spinach 1/3 cup
- Garlic 20 cloves
- Green bell pepper 1/4
- Green onion 1 recipe
- Guacamole 1 recipe
- Lemon 7 to 8
- Parsley (fresh) 4 recipes
- Peas 1 cup

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Dairy

- Butter Less than a pack of 4
- Butternut or .5 cup
Cauliflower puree
- Cheddar cheese 24 oz (3 cups)
- Cream Cheese 4 oz (1/4 cup)
- Eggs 9 eggs
- Feta cheese 1/4 cup
- Gouda cheese 1/4 cup
- Gruyère cheese 2 cups (8 oz)
- Half and Half 1 cup
- Heavy cream .5 cup
- Mozzarella cheese 3.5 cup
- Non-fat Skim Milk 1 cup
- Parmesan Cheese 1 cup
- Plain Yogurt 17 oz
- Shaved Parmigiano 1 cup
Reggiano cheese
- Sliced cheddar cheese 8 slices
- Sour cream
- Swiss Cheese 2.5 cup

Bread/Pasta/Dried Goods

- 9" Pie Crust (you 1
could make your own)
- Active dry yeast 1 tbsp
- All purpose flour 6 cups
- Dunkers 1 loaf
- Elbow Macaroni 1.5 cups
- Extra long grain rice 1 cup
- Loaf of bread 1
- Panko bread crumbs
- Pita bread 24 oz (3 cups)
- Quick cooking oats .5 cup
- Spaghetti 1 lb

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Seasoning/Condiments

- Apple Cider Vinegar
- BBQ sauce 1 cup
- Black + Salt
- Brown sugar
- Cayenne pepper
- Chicken broth 6.5 cups
- Chili powder
- Cumin
- Curry powder
- Dried oregano
- Dry white wine 1 cup
- Evoo
- Garlic powder
- Hoisin sauce 1/4 cup
- Honey 1 tbsp
- Ketchup 1/4 cup
- Kirsch, dry sherry or brandy 3 tbsp
- Light mayonnaise 1.5 cups
- Nutmeg

Seasoning/Condiments

- Olive Oil
- Paprika
- Red wine vinegar
- Rosemary (leaves, fresh) 2 tbsp
- Soy sauce 1 tbsp
- Thyme 1 tsp
- Vegetable oil* (optional) 2 tbsp
- White wine vinegar

Canned Items + Miscellaneous

- Canned black beans 15 oz (1 can)
- Canned chipotle peppers in adobo sauce 2 cans
- Canned crushed tomatoes 28 oz (1 can)
- Canned diced tomatoes 14.5 oz (1 can)
- Non-stick cooking spray
- Pecan pieces 28 oz (1 can)
- Side salad