

Simple Weeknight Meal Plan Grocery List

How to Use This List

Step #1: Review each recipe and see if you plan to make any substitutions or omit any optional ingredients

Step #2: Download the list and print or save a version to take to the store on your phone.

Step #3: Review the list and cross off anything you already have at home or that you are not going to use.

Add anything you plan to substitute!

Congratulations! You are ready to take your list shopping and get what you need for meal planning success!

Asian Food Section

Soy sauce, small bottle

Sesame seeds (optional)

Sesame oil, small bottle

Bakery / Bread Section

Buns, rolls or bread for chicken salad (or lettuce for wraps)

Bread or rolls to go with potato soup if desired

Boxed and Canned Goods

Brown sugar, ¼ cup or small bag

Better than Bouillon Chicken Bouillon (or your favorite brand)

Chicken stock, 1 box (32oz) - or save money and use chicken bouillon to make 32oz of stock!

Condensed cream soup, 2 cans of any combination of celery, mushroom or chicken

Cooking oil, small bottle of vegetable, canola or other favorite

Dried cranberries or Craisins, ¼ cup

Dry onion soup mix, 1 envelope

Mayonnaise – light or regular, small jar

Short grain white rice, 1 cup

Spiral noodles, 8oz

Dairy

Butter, ½ cup stick or 1 box

Cheddar cheese block or grated for garnish

Greek honey yogurt, ¼ cup

Heavy cream, 3 cups

Milk, 4 cups

Parmesan cheese, 2 cups grated

Meat

Bacon, 6oz of your favorite kind

Boneless, skinless chicken thighs, 6

Ground beef with 12% fat, 1 pound

Hillshire Farm or Eckrich Beef Sausage, 12oz

Cooked rotisserie chicken or 1 lbs raw chicken breasts to poach

Produce

Celery, 1 bunch

Chives, fresh bunch or a chive plant from the garden section

Cremini mushrooms, 20 if bulk or about 1 pound

Garlic, 6 cloves

Ginger, 2 tsp (Look for tubes of pre-minced in the produce section or buy a small piece of fresh root)

Green onions, 3 bunches

Italian parsley, 1 bunch

Lettuce for chicken salad wraps or buy bread, rolls or tortillas

Russet potatoes, 2 pounds

Sweet onion, 1

Spices

Cajun seasoning

Celery salt

Coarsely ground black pepper (buying a different size of ground pepper will change the recipes)

Crushed red pepper flakes (optional)

Dehydrated onion

Ground white pepper (optional)

Salt

Seasoning salt, your favorite brand

Cook's Notes for Shopping: Use this section to make any additional notes you need for your shopping trip.