

Printable Grocery List

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Proteins

- ☐ 2 lb lean ground beef
- ☐ 11 boneless, skinless chicken breasts

Dairy

- ☐ 1 ½ cups cheddar cheese
- ☐ 2 cups milk
- ☐ 1 ½ cups cottage cheese
- ☐ ½ cup Parmesan cheese
- ☐ 1 package cream cheese (8oz/250g)
- ☐ ½ cup unsalted butter

Pantry Staples

- ☐ 1 packet onion soup mix
- ☐ Garlic powder
- ☐ Poultry seasoning
- ☐ Dried chives
- ☐ Salt
- ☐ Black pepper
- ☐ Italian seasoning
- ☐ Celery seed
- ☐ Onion powder
- ☐ Extra virgin olive oil
- ☐ 4 cups chicken broth

Canned & Jarred Goods

- ☐ 1 can diced tomatoes (28oz)
- ☐ 2 cans cream of chicken soup (10.5oz/284ml each)
- ☐ 2 cans cream of mushroom soup (10.5oz/284ml each)
- ☐ 1 jar pasta sauce

Pasta & Grains

- ☐ 1 cup macaroni
- ☐ 1 package egg noodles
- ☐ 3 cups rotini pasta (or your favorite pasta)
- ☐ 1 cup Bisquick

Frozen & Fresh Vegetables

- ☐ 1 $\frac{3}{4}$ cup mixed frozen vegetables
- ☐ $\frac{1}{2}$ lb mushrooms
- ☐ $\frac{1}{2}$ cup green onions
- ☐ $\frac{1}{2}$ cup green pepper
- ☐ 1 yellow onion
- ☐ 5 garlic cloves