

Grocery LIST

HUMBLY ROOTED HOME MEAL PLAN 001

MEAT / FISH

2 LBS BONELESS
SKINLESS CHICKEN BREAST

3 LBS GROUND BEEF

4 MEDIUM THICK BONE-IN PORK
CHOPS

PANTRY

WHITE RICE

PASTA OF CHOICE

CASHEWS (WHOLE OR PIECES)

PANKO BREAD CRUMBS

SOY SAUCE

BROWN SUGAR

KETCHUP

CHICKEN STOCK

SPAGHETTI SAUCE

WORCHESTERSHIRE SAUCE

FRIDGE / FROZEN

EGGS (2)

MILK (1/2 GAL. WILL BE PLENTY)

HEAVY CREAM (4 OZ)

PARMESAN CHEESE (4 OZ)

BUTTER (FOR MASHED POTATOES)

PRODUCE

2 LBS RUSSET POTATOES

1.5 LBS GOLDEN POTATOES

~3 CUPS BROCCOLI

1 LB GREEN BEANS

1 LARGE ZUCCHINI

2 WHITE ONIONS

8 CLOVES GARLIC (OR PRE-MINCED)

2 CUPS BABY SPINACH

~1 CUP MUSHROOMS

SPICES / OILS

SALT, BLACK PEPPER, GARLIC SALT

ITALIAN SEASONING, PAPRIKA

GROUND GINGER, GARLIC POWDER,

ONION POWDER

CORNSTARCH

OLIVE OR AVOCADO OIL

SESAME OIL

WHITE VINEGAR

RICE VINEGAR