



Week 2

2 WEEK MEAL PLAN GROCERY LIST

RECIPES

French Onion
Stuffed Flank Steak

Smashed Taco

Air Fryer Pizza Bombs

Instant Pot Ragu

Deli French Dip

PRODUCE

- ☐ 3 yellow onions
- ☐ 1 white onion
- ☐ 2 bunch celery
- ☐ 2 carrots
- ☐ 1 head garlic
- ☐ Fresh basil
- ☐ Fresh cilantro

OPTIONAL

- ☐ 1 bottle red wine

DAIRY

- ☐ 1 package Boursin cheese
- ☐ 1 package sliced Swiss cheese
- ☐ 1 package sliced provolone cheese
- ☐ 1 package Gruyere cheese
- ☐ 1 package shredded Monterey Jack
- ☐ 1 container grated or shredded Parmesan cheese

BAKERY

- ☐ 1 package French rolls (4 rolls)
- ☐ 1 package corn tortillas
- ☐ 1 package refrigerated pizza dough
- ☐ 1 package rigatoni or other short pasta

BEEF

- ☐ 2 lb. **Certified Angus Beef**® flank steak
- ☐ 3 lb. **Certified Angus Beef**® 75% lean ground beef
- ☐ 2 lb. **Certified Angus Beef**® bottom round roast
- ☐ 1 lb. **Certified Angus Beef**® deli roast beef, thinly shaved

CANNED & JARRED

- ☐ 1 (28 oz.) can petite diced tomatoes
- ☐ 1 jar marinara or pizza sauce
- ☐ 1 carton beef broth
- ☐ 1 container beef bouillon or Better Than Bouillon
- ☐ 1 packet Sazon seasoning

CHECK BEFORE YOU SHOP

You'll need these ingredients, but they may already be hiding in your pantry or fridge.

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| ☐ 1 container panko breadcrumbs | ☐ 1 container garlic powder | ☐ Olive oil |
| ☐ 1 bottle hot sauce | ☐ 1 container onion powder | ☐ Canola oil |
| ☐ 1 bottle spicy mustard | ☐ 1 container red pepper flakes | ☐ Nonstick cooking spray |
| ☐ 1 container Italian seasoning | ☐ 1 small container fennel seeds | ☐ Salt |
| ☐ 1 container chili powder | | ☐ Black pepper |