

# Weekly Meal Plan

## MONDAY

Bruschetta Chicken Pasta Salad

## TUESDAY

Maple Dijon Grilled Chicken

## WEDNESDAY

Fish Tacos

## THURSDAY

Slow Cooker Country Style Ribs

## FRIDAY

Grilled Flank Steaks

## BONUS RECIPES

Cucumber Salad

Watermelon and Feta Salad

Strawberry Cream Pie



**SIMPLY stacie**

# Shopping List

## **Meat & Seafood**

- 8 boneless, skinless chicken breasts
- 1 lb fresh white fish fillets
- 3 lbs boneless country-style ribs
- 1 to 2lbs flank steak

## **Produce**

- 6 tomatoes
- Head of garlic
- 1 bunch of fresh basil
- 1 package of fresh thyme
- 1 lime
- 1 package tri-color coleslaw
- 1 to 2 avocados
- 1 bunch of cilantro
- 1 onion
- Pico de Gallo

## **Pantry**

- 1 package rotini pasta
- 1 bottle extra virgin olive oil
- 1 bottle balsamic vinegar
- 1 bottle maple syrup
- 1 bottle Dijon mustard
- 1 bottle soy sauce
- 1 bottle avocado oil
- 1 bottle cilantro lime sauce
- 1 bottle peach preserves
- 1 bottle honey
- 1 bottle BBQ sauce
- 1 bottle Italian dressing

## **Dairy & Refrigerated**

- Queso fresco

## **Bakery**

- 12 corn tortillas

## **Spices & Baking**

- 1 packet fajita seasoning mix
- Brown sugar
- Onion powder
- Garlic salt
- Paprika
- Salt
- Pepper