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Weekly Meal Plan

MONDAY

BBQ Chicken Pasta Salad

TUESDAY

Chipotle Chicken Skewers

WEDNESDAY

Burger Hobo Packets

THURSDAY

Slow Cooker Pineapple BBQ Meatballs

FRIDAY

Chicken Fajita Burgers

BONUS RECIPES

Corn Salad

Old-Fashioned Potato Salad

Lemon Blueberry Dump Cake

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Shopping List

Meat & Seafood

- ☐ 6 boneless, skinless chicken breasts
- ☐ 2 lbs lean ground beef
- ☐ 2 lbs frozen fully-cooked meatballs
- ☐ 2lbs ground chicken

Produce

- ☐ 3 red peppers
- ☐ 1 bunch of green onions
- ☐ 2 limes
- ☐ 1 green pepper
- ☐ 1 yellow pepper
- ☐ 2 yellow squash
- ☐ 1 bulb of garlic
- ☐ 1 ½ lb package baby gold potatoes
- ☐ 12oz package of frozen crinkle-cut carrots
- ☐ 1 red onion
- ☐ 1 onion

Dairy & Refrigerated

- ☐ 1 block of cheddar cheese
- ☐ 6 slices of Colby Jack cheese
- ☐ 6 slices of Monterey Jack cheese
- ☐ 1 container of sour cream, optional

Bakery

- ☐ 8 hamburger buns

Supplies

- ☐ Skewers
- ☐ Heavy-duty foil
- ☐ Disposable aluminum barbecue tray, optional

Pantry

- ☐ 1 package of fusilli pasta
- ☐ 1 can of corn
- ☐ 1 can of black beans
- ☐ 1 bottle of Ranch dressing
- ☐ 1 bottle of BBQ sauce
- ☐ 1 can of chipotle chilies in adobo sauce
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 package dried onion soup mix
- ☐ 1 box of breadcrumbs
- ☐ 1 can of pineapple chunks
- ☐ 1 bottle of pineapple juice
- ☐ 1 package of brown sugar
- ☐ 1 bottle of soy sauce
- ☐ 1 bottle of soy sauce
- ☐ 1 container of guacamole
- ☐ 1 jar of salsa, optional
- ☐ Rice, noodles, or mashed potatoes

Spices & Baking

- ☐ Smoked paprika
- ☐ Paprika
- ☐ Cumin
- ☐ Chili powder
- ☐ Cayenne pepper
- ☐ Garlic powder
- ☐ Kosher salt
- ☐ Ground ginger
- ☐ Salt and pepper