



Weekly Meal Plan

MONDAY

Cheeseburger Salad

TUESDAY

Ginger Lime Chicken

WEDNESDAY

Shrimp Fried Rice

THURSDAY

Slow Cooker Salsa Chicken

FRIDAY

Instant Pot BBQ Pork Ribs

BONUS RECIPES

Broccoli Salad

Strawberry Agua Fresca

Frozen Strawberry Fluff



SIMPLY stacie

Shopping List

Meat & Seafood

- ☐ 1 lb lean ground beef
- ☐ 8 boneless, skinless chicken breasts
- ☐ 1 package (30-ct) frozen uncooked shrimp
- ☐ 2 racks of baby back ribs

Produce

- ☐ 1 head of romaine lettuce
- ☐ 2 plum tomatoes
- ☐ 1 yellow onion
- ☐ 1 lime
- ☐ 1 knob of ginger
- ☐ 1 bunch of green onions
- ☐ 1 bunch of fresh cilantro
- ☐ 1 bulb of garlic
- ☐ 1 package frozen peas and carrots

Dairy & Refrigerated

- ☐ 1 block of cheddar cheese
- ☐ 1 package of unsalted butter
- ☐ 3 eggs

Bakery

- ☐ 4 sesame seed hamburger buns

Pantry

- ☐ 1 jar of dill pickles
- ☐ 1 bottle of ketchup
- ☐ 1 bottle of yellow mustard
- ☐ 1 bottle of honey
- ☐ 1 bottle of vegetable oil
- ☐ 1 bottle of sesame oil
- ☐ 1 bottle of soy sauce
- ☐ 1 box of white rice
- ☐ 1 bottle of rice wine vinegar
- ☐ 2 cans of black beans
- ☐ 1 jar of salsa
- ☐ 1 can of ROTEL
- ☐ 1 bottle of Coca-Cola
- ☐ 1 bottle of BBQ sauce
- ☐ 1 package of brown sugar

Spices & Baking

- ☐ Cumin
- ☐ Chili powder
- ☐ Red pepper flakes
- ☐ Paprika
- ☐ Onion powder
- ☐ Garlic powder
- ☐ Oregano
- ☐ White pepper
- ☐ Sesame seeds
- ☐ Salt and pepper