



Weekly Meal Plan

MONDAY

Pesto Chicken Pasta Salad

TUESDAY

Honey Sriracha Chicken

WEDNESDAY

Walking Tacos

THURSDAY

Slow Cooker Root Beer Pulled Pork

FRIDAY

Sirloin Steak with Tangy Herb Sauce

BONUS RECIPES

Green Bean and Tomato Salad

Air Fryer Corn Ribs

Peach Fluff Salad



SIMPLY stacie

Shopping List

Meat

- ☐ 6 boneless skinless chicken breasts
- ☐ 1 lb lean ground beef
- ☐ 4 lb boneless pork shoulder butt roast
- ☐ 1 ½ to 2 lb sirloin flap steak or enough steak for your family

Produce

- ☐ 1 bunch of broccoli
- ☐ 1 pint of cherry tomatoes
- ☐ 1 bunch of fresh basil
- ☐ 1 bulb of garlic
- ☐ 1 head of iceberg lettuce (optional)
- ☐ 2 to 3 tomatoes (optional)
- ☐ 1 onion (optional)
- ☐ 1 bunch of green onions (optional)
- ☐ 1 bunch of cilantro (optional)
- ☐ 1 lime (optional)
- ☐ 1 bunch of flat-leaf parsley
- ☐ 1 bag or container of coleslaw

Dairy & Refrigerated

- ☐ 1 block of cheddar cheese (optional)
- ☐ 1 container of sour cream (optional)

Bakery

- ☐ 8 buns

Pantry

- ☐ 1 package of tri-color rotini pasta
- ☐ 1 jar of pesto
- ☐ 1 can of black olives
- ☐ 1 bottle of honey
- ☐ 1 bottle of Sriracha sauce
- ☐ 1 bottle of soy sauce
- ☐ 1 package of sesame seeds
- ☐ 1 package of taco seasoning
- ☐ 1 jar of salsa (optional)
- ☐ 1 jar of taco sauce (optional)
- ☐ 1 jar of pickled jalapenos (optional)
- ☐ 1 bottle of root beer
- ☐ 1 bottle of BBQ sauce
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bottle of red wine vinegar
- ☐ 8 snack-size bags of Fritos

Spices & Baking

- ☐ Onion powder
- ☐ Garlic salt
- ☐ Cajun seasoning
- ☐ Smoked paprika
- ☐ Oregano seasoning paste
- ☐ Dried chili peppers or jalapeños
- ☐ Oregano
- ☐ Salt and pepper