



Weekly Meal Plan

MONDAY

Classic Chicken Salad

TUESDAY

Air Fryer Shrimp

WEDNESDAY

Beef and Broccoli

THURSDAY

Slow Cooker Asian Chicken

FRIDAY

Pork Chop Skillet Dinner

BONUS RECIPES

Cheesy Zucchini Bake

Waldorf Salad

Coconut Icebox Cake



SIMPLY stacie

Shopping List

Meat and Seafood

- ☐ 3 cups of cooked chicken or rotisserie chicken
- ☐ 4 boneless, skinless chicken breasts
- ☐ 1 to 2 lb fresh shrimp, peeled and deveined
- ☐ 1 lb flank steak or sirloin steak
- ☐ 6 pork loin chops

Produce

- ☐ 1 celery
- ☐ 1 bunch of green onions
- ☐ 1 lemon
- ☐ 1 bunch of fresh dill
- ☐ 1 head of broccoli
- ☐ 1 head of garlic
- ☐ 1 piece of fresh ginger
- ☐ 1 small bag of baby potatoes
- ☐ 6 carrots
- ☐ 1 yellow onion
- ☐ 1 green pepper

Dairy & Refrigerated

- ☐ 1 package of unsalted butter

Pantry

- ☐ 1 jar of mayonnaise
- ☐ 1 bottle of wholegrain mustard
- ☐ 1 bottle of lemon juice
- ☐ 1 packet of Italian dressing mix
- ☐ 1 bottle of soy sauce
- ☐ 1 box of cornstarch
- ☐ 1 bottle of vegetable oil
- ☐ 1 can of beef broth
- ☐ 1 bottle of hoisin sauce
- ☐ 1 package of brown sugar
- ☐ 1 bottle of rice vinegar
- ☐ 1 bottle of sesame oil
- ☐ 1 bottle of honey
- ☐ 1 bottle of ketchup
- ☐ 1 can of tomato soup
- ☐ 1 bottle of Tabasco sauce

Spices & Baking

- ☐ Oregano
- ☐ Red pepper flakes
- ☐ Salt and pepper