



SIMPLY stacie

Weekly Meal Plan

MONDAY

Garden Vegetable Beef Skillet

TUESDAY

Hot Honey Chicken Tenders

WEDNESDAY

Taco Pie

THURSDAY

Slow Cooker Beef and Noodles

FRIDAY

One-Pan Garlic Butter Chicken and Veggies

BONUS RECIPES

Herb Potato Salad

Banana Chocolate Chip Muffins

Apple Crisp Bars



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Shopping List

Meat and Seafood

- ☐ 2 lb ground beef
- ☐ 8 boneless, skinless chicken breasts
- ☐ 2 lb stew beef

Produce

- ☐ 2 cups green beans
- ☐ 1 zucchini
- ☐ 3 tomatoes
- ☐ 1 package of white button mushrooms
- ☐ 1 yellow onion
- ☐ 1 head of garlic
- ☐ 1 ½ lb baby yellow potatoes
- ☐ 1 package of baby carrots
- ☐ 1 head of broccoli
- ☐ 1 red pepper
- ☐ 1 avocado, optional
- ☐ 1 bunch of cilantro, optional

Dairy & Refrigerated

- ☐ 3 eggs
- ☐ 1 carton of milk
- ☐ 1 package of unsalted butter
- ☐ 1 package of refrigerated pizza crust
- ☐ 1 block of Monterey Jack cheese
- ☐ 1 container of sour cream, optional
- ☐ 1 bottle of lemon juice
- ☐ 1 jar of grated Parmesan cheese optional

Pantry

- ☐ 1 can of refried beans
- ☐ 1 box of panko breadcrumbs
- ☐ 1 jar of chunky salsa
- ☐ 1 packet of taco seasoning
- ☐ 1 packet of ranch seasoning
- ☐ 1 envelope of brown gravy mix
- ☐ 1 can of cream of mushroom soup
- ☐ 1 bag of all-purpose flour
- ☐ 1 bottle of honey
- ☐ 1 bottle of hot sauce
- ☐ 1 bottle of soy sauce
- ☐ 1 bottle of apple cider vinegar
- ☐ 1 package of egg noodles
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 jar of sliced olives, optional
- ☐ 1 jar of taco sauce, optional

Spices & Baking

- ☐ Oregano
- ☐ Red pepper flakes
- ☐ Salt and pepper
- ☐ Garlic powder
- ☐ Paprika
- ☐ Onion powder
- ☐ Ground ginger
- ☐ Italian seasoning