



Weekly Meal Plan

MONDAY

Italian Sub Salad

TUESDAY

Drunken Salmon in 15 Minutes

WEDNESDAY

Air Fryer Cheez-It Chicken Tenders

THURSDAY

Slow Cooker Mississippi Sloppy Joes

FRIDAY

BBQ Chicken Pizza

BONUS RECIPES

Ramen Noodle Salad

Air Fryer Potato Chips

Peach Cobbler Dump Cake



SIMPLY stacie

Shopping List

Meat and Seafood

- ☐ 4 salmon filets
- ☐ 1 ½ lb chicken tenderloins
- ☐ 1 cup cooked chicken breast or rotisserie chicken for pizza
- ☐ 2 lb lean ground beef
- ☐ 1 small package of cooked ham
- ☐ 1 package of mini pepperoni
- ☐ 1 package of salami
- ☐ 1 package of bacon

Produce

- ☐ 6 cups salad greens
- ☐ 1 pint of cherry tomatoes
- ☐ 1 English cucumber
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 2 red onions
- ☐ 1 sweet onion
- ☐ 1 head of garlic
- ☐ 1 bunch of fresh basil

Dairy & Refrigerated

- ☐ 1 package sliced provolone cheese
- ☐ 1 block of Parmesan cheese
- ☐ 1 block of cheddar cheese
- ☐ 1 package of salted butter

Bakery

- ☐ 6 brioche buns or hamburger buns
- ☐ 1 package of refrigerated pizza crust or pizza dough

Pantry

- ☐ 1 can of black olives
- ☐ 1 jar of pepperoncini peppers
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bottle of red wine vinegar
- ☐ 1 jar of mayonnaise
- ☐ 1 package of Cheez-It crackers
- ☐ 1 bottle of Dijon mustard
- ☐ 1 bottle of beer
- ☐ 1 packet of ranch dressing mix
- ☐ 1 envelope of brown gravy mix
- ☐ 1 package of quick oats
- ☐ 1 bottle of ketchup
- ☐ 1 bottle of Worcestershire sauce
- ☐ 1 package of brown sugar
- ☐ 1 bottle of BBQ sauce

Spices & Baking

- ☐ Dried oregano
- ☐ Garlic salt
- ☐ Chili powder
- ☐ Paprika
- ☐ Salt and pepper