



Weekly Meal Plan

MONDAY

BLT Pasta Salad

TUESDAY

Brown Sugar Dijon Pork Tenderloin

WEDNESDAY

Taco Pizza

THURSDAY

Crockpot Pickle Chicken

FRIDAY

Air Fryer Fish Sticks

BONUS RECIPES

Air Fryer Zucchini Chips

Grape Salad

Blueberry and Lemon Cheesecake Bars



SIMPLY stacie

Shopping List

Meat and Seafood

- ☐ 1 package of bacon
- ☐ 1 ½ lb pork tenderloin
- ☐ 1 lb lean ground beef
- ☐ 8 boneless, skinless chicken thighs
- ☐ 1 ½ to 2 lb cod fillets

Produce

- ☐ 1 pint of cherry tomatoes
- ☐ 1 head of Boston lettuce
- ☐ 1 red onion
- ☐ 1 bunch of fresh cilantro
- ☐ 1 jalapeño
- ☐ 2 tomatoes

Dairy & Refrigerated

- ☐ 1 container of sour cream
- ☐ 1 package of butter
- ☐ 1 block of marble cheese
- ☐ 1 carton of eggs

Bakery

- ☐ 1 Refrigerated pizza crust or pizza dough

Pantry

- ☐ 1 package of bowtie pasta
- ☐ 1 jar of mayonnaise
- ☐ 1 bottle of lemon juice
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bottle of Dijon mustard
- ☐ 1 package of brown sugar
- ☐ 1 jar of taco sauce
- ☐ 1 packet of taco seasoning mix
- ☐ 1 packet of ranch dressing mix
- ☐ 2 packets of brown gravy mix
- ☐ 1 jar of mini pickles
- ☐ 1 package of plain breadcrumbs
- ☐ 1 package of all-purpose flour

Spices & Baking

- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Salt and pepper