



Weekly Meal Plan

MONDAY

Honey Garlic Chicken

TUESDAY

Chili Macaroni

WEDNESDAY

Slow Cooker Butter Chicken

THURSDAY

One-Pot Sausage & Cheese Cappelletti

FRIDAY

Big Mac Tater Tot Casserole

BONUS RECIPES

Parmesan Roasted Carrots

Apple Cheddar Quick Bread

Pumpkin Dump Cake



SIMPLY stacie

Shopping List

Meat and Seafood

- ☐ 10 boneless, skinless chicken breasts
- ☐ 2 ½ lb lean ground beef
- ☐ 4 Italian sausages, mild or hot

Produce

- ☐ 3 sweet onions
- ☐ 1 yellow onion
- ☐ 1 green pepper
- ☐ 1 head of garlic
- ☐ 1 yellow onion
- ☐ 1 bunch of fresh basil
- ☐ 1 bunch of fresh cilantro
- ☐ Tomatoes
- ☐ Shredded lettuce

Dairy & Refrigerated

- ☐ 1 package of salted butter
- ☐ 1 package of unsalted butter
- ☐ 1 carton of heavy cream
- ☐ 1 package of fresh cappelletti pasta
- ☐ 1 brick of mozzarella cheese
- ☐ 1 carton of half and half
- ☐ 1 brick of cheddar cheese
- ☐ 1 jar of mayonnaise
- ☐ 1 bag (2 lb bag) of frozen tater tots

Bread

- ☐ Naan

Pantry

- ☐ 1 bottle of honey
- ☐ 1 bottle of Dijon mustard
- ☐ 1 box of macaroni
- ☐ 1 can of diced tomatoes
- ☐ 1 can of kidney beans
- ☐ 1 can of tomato soup
- ☐ 1 can of tomato sauce
- ☐ 1 jar of pasta sauce
- ☐ 1 carton of beef broth
- ☐ 1 container of cornstarch
- ☐ 1 jar of dill pickle relish
- ☐ 1 bottle of yellow mustard
- ☐ 1 bottle of extra virgin olive oil
- ☐ Sliced pickles
- ☐ 1 bag of granulated sugar

Spices & Baking

- ☐ Chili powder
- ☐ Dried ginger
- ☐ Garam masala
- ☐ Paprika
- ☐ Smoked paprika
- ☐ Turmeric
- ☐ Ground cumin
- ☐ Cayenne pepper
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Kosher salt
- ☐ Salt and pepper