



Weekly Meal Plan

MONDAY

Skillet Mushroom Stroganoff

TUESDAY

Crockpot Italian Pork Chops

WEDNESDAY

Doritos Casserole

THURSDAY

Slow Cooker Chicken Lo Mein

FRIDAY

Air Fryer Nashville Hot Chicken

BONUS RECIPES

Pumpkin Soup

Baked Oatmeal

Caramel Apple Cookies



SIMPLY stacie

Shopping List

Meat and Seafood

- ☐ 4 boneless pork chops
- ☐ 1 lb lean ground beef
- ☐ 1 lb boneless skinless chicken breasts
- ☐ 1 lb boneless skinless chicken thighs

Produce

- ☐ 1 sweet onion
- ☐ 1 large yellow onion
- ☐ 1 head of garlic
- ☐ 1 package of sliced cremini mushrooms
- ☐ 1 package of sliced white button mushrooms
- ☐ 1 bunch of fresh parsley
- ☐ 1 lb of baby potatoes
- ☐ 1 lb of baby carrots
- ☐ 1 package of matchstick carrots
- ☐ 1 red bell pepper
- ☐ 8 oz of sugar snap peas
- ☐ 1 bunch of green onions

Dairy & Refrigerated

- ☐ 1 package of salted butter
- ☐ 1 package of unsalted butter
- ☐ 1 container of sour cream
- ☐ 1 block of Parmesan cheese
- ☐ 1 carton of buttermilk
- ☐ 1 carton of eggs
- ☐ 1 block of Monterey Jack cheese
- ☐ 1 block of cheddar cheese

Pantry

- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 carton of vegetable broth
- ☐ 1 package of egg noodles
- ☐ 1 can of chicken broth
- ☐ 1 bottle of Worcestershire sauce
- ☐ 1 package of all-purpose flour
- ☐ 1 package of taco seasoning
- ☐ 1 can of Rotel
- ☐ 1 jar of salsa
- ☐ 1 can of diced green chilies
- ☐ 1 family-size bag of Nacho cheese Doritos
- ☐ 1 bottle of lite soy sauce
- ☐ 1 bottle of hoisin sauce
- ☐ 1 bottle of oyster sauce
- ☐ 1 bottle of hot sauce
- ☐ 1 package of brown sugar
- ☐ 1 packet of zesty Italian dressing mix
- ☐ 1 package of lo mein noodles

Spices & Baking

- ☐ Smoked paprika
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- ☐ Cayenne pepper
- ☐ Red chili flakes
- ☐ Smoked paprika
- ☐ Kosher salt
- ☐ Salt and pepper
- ☐ Sesame seeds