

Weekly Meal Plan

MONDAY

Unstuffed Pepper Pasta

TUESDAY

Hurry Chicken

WEDNESDAY

Cheeseburger Chowder

THURSDAY

Slow Cooker Mississippi Beef Stew

FRIDAY

Creamy Chicken Spaghetti

BONUS RECIPES

Garlic Bread

Snickers Salad

Pumpkin Bread Pudding

Shopping List

Meat and Seafood

- ☐ 2 lb lean ground beef
- ☐ 4 to 5 chicken legs
- ☐ 2 cups cooked shredded chicken
- ☐ 1 ½ lb stew beef

Produce

- ☐ 3 green peppers
- ☐ 2 sweet onions
- ☐ 2 yellow onions
- ☐ 1 bulb of garlic
- ☐ 2 to 3 potatoes
- ☐ 1 ½ lb baby potatoes
- ☐ 1 lb of baby potatoes
- ☐ 3 lb bag of carrots
- ☐ 1 bunch of celery
- ☐ 1 bunch of green onions
- ☐ 1 bunch of fresh parsley

Dairy & Refrigerated

- ☐ 1 package of salted butter
- ☐ 1 package of unsalted butter
- ☐ 1 carton of milk
- ☐ 1 package of Velveeta cheese
- ☐ 1 container of sour cream
- ☐ 1 package of cheddar cheese

Pantry

- ☐ 1 jar of pasta sauce
- ☐ 1 box of Ditali pasta
- ☐ 1 carton of beef broth
- ☐ 1 bottle of Worcestershire sauce
- ☐ 1 bottle of ketchup
- ☐ 1 package of brown sugar
- ☐ 1 envelope of onion soup mix
- ☐ 1 envelope of chicken noodle soup mix
- ☐ 1 package of chicken bouillon
- ☐ 1 jar of pepperoncini peppers
- ☐ 1 envelope of ranch seasoning
- ☐ 2 envelopes of brown gravy mix
- ☐ 1 can of cream of chicken soup
- ☐ 1 can of Rotel
- ☐ 1 package of spaghetti

Spices & Baking

- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Salt and pepper