

Weekly Meal Plan

MONDAY

Cheeseburger Pasta Skillet

TUESDAY

Honey Garlic Baked Salmon

WEDNESDAY

Chicken Broccoli Biscuit Bake

THURSDAY

Sausage and Cabbage Soup

FRIDAY

Pierogi Casserole

BONUS RECIPES

Cheesy Brussel Sprouts

Pumpkin Cream Cheese Danish Bake

Maple Syrup Dump Cake

Shopping List

Meat and Seafood

- ☐ 1 lb lean ground beef
- ☐ 4 boneless salmon fillets
- ☐ 3 boneless, skinless chicken breasts
- ☐ 1 lb mild Italian sausage

Produce

- ☐ 1 sweet onion
- ☐ 3 yellow onions
- ☐ 1 head of garlic
- ☐ 1 head broccoli
- ☐ 1 head of cabbage
- ☐ 1 package of white button mushrooms

Dairy & Refrigerated

- ☐ 1 carton of milk
- ☐ 1 package of cheddar cheese
- ☐ 1 can of refrigerated biscuits
- ☐ 1 package of Parmesan cheese
- ☐ 1 package of salted butter

Frozen

- ☐ 2 lb frozen pierogies

Pantry

- ☐ 1 carton of beef broth
- ☐ 1 package of rotini pasta
- ☐ 1 bottle of ketchup
- ☐ 1 bottle of yellow mustard
- ☐ 1 jar of dill pickles
- ☐ 1 bottle of vegetable oil
- ☐ 1 bottle of sesame oil
- ☐ 1 bottle of soy sauce
- ☐ 1 bottle of honey
- ☐ 1 package of all-purpose flour
- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 package of breadcrumbs
- ☐ 3 cans of diced tomatoes
- ☐ 1 jar of pasta sauce
- ☐ 1 package of brown sugar

Spices & Baking

- ☐ Dried basil
- ☐ Dried oregano
- ☐ Dried rosemary
- ☐ Bay leaf
- ☐ Salt and pepper