

Weekly Meal Plan

MONDAY

Pumpkin Chili

TUESDAY

French Onion Chicken Bake

WEDNESDAY

Sausage Jambalaya

THURSDAY

Tuscan White Bean Soup

FRIDAY

Sloppy Joe Mac and Cheese

BONUS RECIPES

Halloween Popcorn

Biscuit Bread

Cheesy Corn Casserole

Shopping List

Meat and Seafood

- ☐ 4 lb lean ground beef
- ☐ 6 boneless, skinless chicken breasts
- ☐ 4 hot Italian sausages
- ☐ 1 lb medium raw shrimp, peeled and deveined

Produce

- ☐ 6 sweet onions
- ☐ 1 yellow onion
- ☐ 1 package of sliced mushrooms, about 2 cups
- ☐ 1 green pepper
- ☐ 1 bulb of garlic
- ☐ 1 package of baby spinach, 1 cup chopped
- ☐ 1 bunch of fresh parsley

Dairy & Refrigerated

- ☐ 1 block of Swiss cheese, 1 ½ cups shredded
- ☐ 1 block of cheddar cheese, 2 cups shredded
- ☐ 1 carton of milk, ½ cup
- ☐ Parmesan cheese, for serving

Pantry

- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bag of elbow macaroni, 2 cups uncooked
- ☐ Rice, enough for 4 cups cooked
- ☐ 2 cans of diced tomatoes, 28 oz each
- ☐ 1 can of plain pumpkin purée, 1 cup needed
- ☐ 1 can of diced tomatoes and green chiles, 14.5 oz/540 mL
- ☐ 2 cans of cannellini beans, 15 oz/540 mL each
- ☐ 1 large carton of beef broth, 4 cups total
- ☐ 1 carton of chicken broth, 4 cups
- ☐ 1 package of brown sugar
- ☐ 1 bottle of balsamic vinegar
- ☐ 1 bottle of ketchup, 1 cup needed
- ☐ 1 can of tomato paste
- ☐ 1 bottle of yellow mustard
- ☐ 1 bottle of Worcestershire sauce

Spices & Baking

- ☐ Pumpkin pie spice
- ☐ Chili powder
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Cajun seasoning
- ☐ Salt
- ☐ Black pepper