

Weekly Meal Plan

MONDAY

Garlic Parmesan Pasta

TUESDAY

Sweet and Sour Chicken Thighs

WEDNESDAY

Cast Iron Skillet Chicken Pot Pie

THURSDAY

Slow Cooker Lasagna

FRIDAY

Classic Meatloaf

BONUS RECIPES

Roasted Root Vegetables

Pumpkin Cinnamon Rolls

Apple Raisin Cake

Shopping List

Meat and Seafood

- ☐ 8 to 10 boneless, skinless chicken thighs
- ☐ 2 cups cooked shredded chicken
- ☐ 1 ½ lb lean ground beef

Produce

- ☐ 1 head of garlic
- ☐ 1 small bag of carrots
- ☐ 1 bunch of celery
- ☐ 1 package of baby spinach
- ☐ 1 bunch of fresh thyme
- ☐ 1 bunch of fresh parsley
- ☐ 1 bunch of green onions

Dairy & Refrigerated

- ☐ 1 package of unsalted butter
- ☐ 1 package of salted butter
- ☐ 1 carton of milk
- ☐ 1 carton of half-and-half cream
- ☐ 1 block of Parmesan cheese
- ☐ 1 container of ricotta cheese
- ☐ 1 block of mozzarella cheese
- ☐ 1 carton of eggs
- ☐ 1 package of refrigerated biscuits

Pantry

- ☐ 1 package of all-purpose flour
- ☐ 1 package of spaghetti
- ☐ 1 bottle of soy sauce
- ☐ 1 bottle of vegetable oil
- ☐ 1 package of brown sugar
- ☐ 1 can of tomato sauce
- ☐ 1 bottle of white vinegar
- ☐ 1 box of regular lasagna noodles
- ☐ 1 can of diced tomatoes, 28 oz
- ☐ 1 jar of pasta sauce
- ☐ 1 package of breadcrumbs
- ☐ 1 bottle of ketchup

Spices & Baking

- ☐ Chili powder
- ☐ Celery seed
- ☐ Garlic powder
- ☐ Dried oregano
- ☐ Red pepper flakes, optional
- ☐ Parsley flakes
- ☐ Minced onion flakes
- ☐ Seasoned salt
- ☐ Salt and pepper