Weekly Meal Plan

MONDAY

Sheet Pan Sausage Potatoes and Green Beans

TUESDAY

Brown Sugar Chicken

WEDNESDAY

Grandma's Goulash

THURSDAY

Creamy Cabbage Soup

FRIDAY

TikTok Chicken Cobbler

BONUS RECIPES

Air Fryer Apples
Pumpkin Tart
Pecan Butter Tart Buns

Shopping List

Meat and Seafood

□ 9 oz kielbasa sausage
□ 4 boneless, skinless chicken breasts
□ 1 lb ground beef
□ 2 cups cooked cubed ham
□ 4 cups cooked shredded chicken or 1 rotisserie chicken

Produce

□ 1 ½ lb baby potatoes
□ 12 oz fresh green beans
□ 1 yellow onion
□ 2 sweet onions
□ 1 head of garlic
□ 1 bunch of celery
□ ½ medium head of cabbage
□ 1 carrot
□ 1 bunch of green onions
□ 1 bunch of fresh parsley

Dairy & Refrigerated

□ 1 package of unsalted butter
□ 1 package of salted butter
□ 1 carton of milk
□ 1 carton of half-and-half cream

Frozen

□ 1 package of frozen mixed vegetables

Pantry

□ 1 bottle of extra virgin olive oil
□ 1 package of brown sugar
□ 1 bottle of soy sauce
□ 1 bottle of white wine vinegar
□ 1 bottle of lemon-lime soda
□ 1 bottle of Worcestershire sauce
□ 1 package of elbow macaroni
□ 1 bottle of tomato juice
□ 2 beef bouillon cubes
□ 2 cartons of chicken broth
□ 1 box Red Lobster Cheddar Bay Biscuit Mix
□ 1 can cream of chicken soup

Spices & Baking

□ Italian seasoning
□ Garlic powder
□ Onion powder
□ Smoked paprika
□ Celery salt
□ Poultry seasoning
□ Dried thyme
□ Salt and pepper