

Weekly Meal Plan

MONDAY

Hamburger Soup

TUESDAY

Baked Chicken Parmesan

WEDNESDAY

Asian Pork Tenderloin

THURSDAY

Spinach Feta Impossible Pie

FRIDAY

Bean Casserole

BONUS RECIPES

Maple Glazed Carrots

Sour Cream Biscuits

Pumpkin Chiffon Pie

Shopping List

Meat and Seafood

- ☐ 2 ½ lb lean ground beef
- ☐ 4 boneless, skinless chicken breasts
- ☐ 2 lb pork tenderloin
- ☐ 1 package of bacon

Produce

- ☐ 1 sweet onion
- ☐ 2 yellow onions
- ☐ 1 white onion
- ☐ 1 zucchini
- ☐ 1 bunch of celery
- ☐ 4 carrots
- ☐ 1 bulb of garlic
- ☐ 1 package of baby spinach
- ☐ 1 knob of fresh ginger

Dairy & Refrigerated

- ☐ 1 block of mozzarella cheese
- ☐ 1 block of Parmesan cheese
- ☐ 1 container of feta cheese
- ☐ 1 carton of whole milk
- ☐ 4 large eggs

Pantry

- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 can of diced tomatoes, 28 oz
- ☐ 3 cans of beef consommé, 10 oz/284 mL each
- ☐ 1 can of tomato soup, 10 oz/284 mL
- ☐ 1 box of small pasta shells
- ☐ 1 can of tomato sauce
- ☐ 1 box of Bisquick baking mix
- ☐ 1 bottle of soy sauce
- ☐ 1 bottle of lime juice
- ☐ 1 container of cornstarch
- ☐ 1 bottle of ketchup
- ☐ 1 package of brown sugar
- ☐ 1 can of pork and beans
- ☐ 1 can of red kidney beans
- ☐ 1 can of white kidney beans
- ☐ 1 bottle of mustard
- ☐ 1 bottle of white vinegar

Spices & Baking

- ☐ Dried thyme
- ☐ Italian seasoning
- ☐ Dried oregano
- ☐ Ground ginger
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Crushed red pepper
- ☐ Chinese five-spice
- ☐ Salt
- ☐ Black pepper