

Weekly Meal Plan

MONDAY

Slow Cooker Southwest Chicken & Rice Soup

TUESDAY

Chili Cheese Stuffed Shells

WEDNESDAY

Creamy Garlic Chicken with Noodles

THURSDAY

Shipwreck Casserole

FRIDAY

Smothered Chicken

BONUS RECIPES

Honey Dijon Baked Cauliflower

Pumpkin Pie Cupcakes

Caramel Apple Dump Cake

Shopping List

Meat and Seafood

- ☐ 7 boneless, skinless chicken breasts
- ☐ 2 lb lean ground beef
- ☐ 11 chicken drumsticks

Produce

- ☐ 3 yellow onions
- ☐ 1 sweet onion
- ☐ 1 package of cremini mushrooms
- ☐ 1 package of white button mushrooms
- ☐ 2 green peppers
- ☐ 1 jalapeño pepper
- ☐ 8 garlic cloves
- ☐ 2 large potatoes
- ☐ 1 bunch of celery
- ☐ 1 to 2 carrots
- ☐ 1 bunch of fresh rosemary
- ☐ 1 bunch of green onions
- ☐ Optional toppings: avocado, cilantro, jalapeño slices, scallions, parsley

Dairy & Refrigerated

- ☐ 1 package of cheddar cheese
- ☐ 1 carton of heavy cream
- ☐ 1 container of sour cream

Frozen

- ☐ 1 package of frozen corn
- ☐ 1 package of frozen peppers and onions

Pantry

- ☐ 1 bottle of extra virgin olive oil
- ☐ 1 bottle of vegetable oil
- ☐ 2 cans of chicken broth, 14.5 oz each
- ☐ 1 can of diced tomatoes, 28 oz can
- ☐ 1 can of black beans, 15 oz can
- ☐ 1 can of chili beans, 15.5 oz can
- ☐ 1 can of tomatoes with green chiles, 10 oz can
- ☐ 1 can of tomato sauce, 15 oz can
- ☐ 1 can of tomato soup, 10.5 oz can
- ☐ 1 can of cream of chicken soup
- ☐ 1 bottle of lime juice
- ☐ 1 bottle of white wine; alcohol-free is fine
- ☐ 1 container of cornstarch
- ☐ Tortilla chips, optional
- ☐ 1 box of jumbo pasta shells, 12 oz box
- ☐ 1 package of egg noodles, 12 oz package
- ☐ 1 box of converted long grain white rice

Spices & Baking

- ☐ Chili powder
- ☐ Cumin
- ☐ Chili seasoning
- ☐ Salt and pepper
- ☐ Dried parsley, optional