Weekly Meal Plan

MONDAY

Chow Mein Skillet

TUESDAY

Cabbage Roll Soup

WEDNESDAY

Hamburger Quiche

THURSDAY

Sunday Meatloaf

FRIDAY

Tuna Noodle Casserole

BONUS RECIPES

Creamy Cauliflower

Country Gravy

Sweet Potato Pie

Shopping List

Meat and Seafood

□ 2 lb ground beef
□ 3 ¾ lb lean ground beef
□ 1 package of bacon

Produce

□ 1 bunch of celery
□ 2 sweet onions
□ 1 green pepper
□ 1 yellow onion
□ 1 head of garlic
□ 1 small head of cabbage
□ 1 bunch of green onions

Dairy & Refrigerated

□ 1 carton of eggs
□ 1 small carton of milk
□ 1 block of cheddar cheese
□ 1 small block of Swiss cheese
□ 1 package of salted butter
□ 2 tubs of sour cream-based dip

Frozen

□ 1 unbaked deep dish 9-inch pie shell, frozen or refrigerated

Pantry

□ 1 can of cream of mushroom soup
□ 1 can of chicken noodle soup
□ 1 bottle of soy sauce
□ 1 bag of chow mein noodles
□ 1 bottle of Worcestershire sauce
□ 1 can of diced tomatoes, 28 oz
□ 1 can of tomato sauce
□ 1 bag of white rice
□ 1 jar of mayonnaise
□ 1 box of cornstarch
□ 1 can of evaporated milk
□ 1 box of Stovetop stuffing mix
□ 1 can of tomato soup
□ 1 can of tuna
□ 1 box of pasta noodles
□ 1 box of Cornflake crumbs

Spices & Seasonings

□ Paprika, oregano and basil
□ Salt and pepper