Weekly Meal Plan

MONDAY

Slow Cooker Beef Brisket & Vegetable Soup

TUESDAY

Egg Roll in a Bowl

WEDNESDAY

Waikiki Meatballs

THURSDAY

Hash Brown Potato Soup

FRIDAY

French Fry Casserole

BONUS RECIPES

Cheesy Garlic Biscuits

Easy Bacon Pea Pasta Salad

Strawberry Icebox Cake

Shopping List

Meat and Seafood

- □ 1 beef brisket, about 2 lb
- □ 1 lb of ground pork
- □ 2 ½ lb of lean ground beef
- □ 1 package of bacon, optional topping

Produce

- □ 1 bag of baby carrots
- □ 1 bunch of celery
- □ 2 yellow onions
- □ 1 sweet onion
- □ 1 bag of fingerling potatoes, about 12
- □ 1 package of white button mushrooms
- □ 1 head of garlic
- □ 1 piece of fresh ginger
- □ 1 bag of coleslaw mix, 14 oz
- □ 1 bag of bean sprouts
- □ 1 green pepper
- □ 1 bunch of green onions, optional

Dairy & Refrigerated

- □ 1 egg
- □ 1 small carton of milk
- □ 1 package of unsalted butter
- □ 1 block of sharp cheddar cheese
- □ 1 tub of sour cream

Frozen

- □ 1 bag of frozen hash browns, 32 oz
- □ 1 bag of frozen French fries, 650 g

Pantry

- □ 1 carton of beef broth
- □ 1 carton of chicken broth
- □ 2 cans of chicken broth
- □ 1 bottle of soy sauce
- □ 1 bottle of sesame oil
- □ 1 jar of hoisin sauce
- □ 1 small jar of sesame seeds, optional
- □ 1 box of soda crackers
- □ 1 can of pineapple tidbits, 20 oz
- □ 1 bottle of white vinegar
- □ 1 container of shortening
- □ 1 box of cornstarch
- □ 1 bag of brown sugar
- □ 1 bag of rice, optional
- □ 1 can of cream of chicken soup, 10.75 oz
- □ 1 can of cream of mushroom soup, 10 oz
- □ 2 cans of cheddar cheese soup, 10 oz each

Spices & Seasonings

- □ Dried thyme and oregano
- □ Ground ginger
- □ Salt and black pepper