Weekly Meal Plan

MONDAY

Taco Chili

TUESDAY

One-Pot Philly Cheesesteak Pasta

WEDNESDAY

Russian Chicken

THURSDAY

Impossible Chicken Pie

FRIDAY

Pizza Tater Tot Casserole

BONUS RECIPES

Copycat Texas Roadhouse Rolls

Sweet Potato Home Fries

Magic Cookie Bars

Shopping List

Meat and Seafood

- □ 3 packages of lean ground beef, 1 lb each
- □ 5 boneless, skinless chicken breasts
- □ 2 ½ cups of baked, chopped chicken
- □ 1 package of bacon
- □ 2 mild Italian sausages
- □ 1 small package of pepperoni

Produce

- □ 3 sweet onions
- □ 3 green peppers
- □ 1 head of garlic
- □ 1 package of white button mushrooms
- □ 1 bunch of green onions
- □ 1 small bunch of parsley, optional

Dairy & Refrigerated

- □ 1 block of cheddar cheese
- □ 1 package of sliced provolone
- □ 1 block of mozzarella
- □ 1 carton of milk
- □ 1 dozen eggs
- □ 1 tub of sour cream, optional

Frozen

- □ 1 bag of frozen tater tots, 2 lb

Pantry

- □ 2 cans of diced tomatoes, 28 oz each
- □ 1 can of black beans, 15 oz can
- □ 1 can of corn, 8.75 oz can
- □ 1 bottle of taco sauce, 8 oz
- □ 1 can of green chilies, 4 oz can
- □ 1 packet of taco seasoning
- □ 1 bag of corn chips, optional
- □ 1 carton of beef broth
- □ 1 box of pasta shells
- □ 1 bottle of Worcestershire sauce
- □ 1 bottle of Russian salad dressing
- □ 1 jar of apricot jam
- □ 1 packet of onion soup mix
- □ 1 bag of rice, optional
- □ 1 box of Bisquick
- □ 2 cans of pizza sauce, 8 oz each

Spices & Seasonings

- □ Chili powder
- □ Paprika
- □ Salt and pepper
- □ Italian seasoning