Weekly Meal Plan

MONDAY

Skillet BBQ Beef and Rice

TUESDAY

Sour Cream Chicken Bake

WEDNESDAY

Slow Cooker Beef Enchilada Casserole

THURSDAY

Pierogi Lasagna

FRIDAY

Sweet Chili Chicken Thai Pizza

BONUS RECIPES

Creamy Carrots
Cheddar Dill Muffins
Butterscotch Blondies

Shopping List

Meat and Seafood

- ☐ 2 lbs package of lean ground beef
- ☐ 6 boneless, skinless chicken breasts
- ☐ 1 package of bacon
- ☐ 1 cup of cooked chicken

Produce

- ☐ 1 sweet onion
- ☐ 1 head of garlic
- ☐ 1 bunch of green onions (optional)
- ☐ 1 bunch of fresh chives (optional)
- ☐ 4 yellow onions
- ☐ 1 small head of broccoli

Dairy & Refrigerated

- ☐ 1 container of sour cream
- ☐ 1 block of cheddar cheese
- ☐ 1 block of shredded mozzarella cheese
- ☐ 1 package of goat cheese
- ☐ 1 package of unsalted butter
- ☐ 6 cups of mashed potatoes
- ☐ 1 package of refrigerated pizza crust

Frozen

- ☐ 1 bag of frozen peas and carrots

Pantry

- ☐ 1 bottle of BBQ sauce
- ☐ 1 carton of beef broth
- ☐ 1 bottle of Worcestershire sauce
- ☐ 1 bag of white rice, cooked ahead
- ☐ 1 bag of all-purpose flour
- ☐ 1 can of cream of mushroom soup
- ☐ 1 can of sliced mushrooms
- ☐ 1 jar of salsa
- ☐ 1 can of diced green chilies
- ☐ 1 can of red enchilada sauce
- ☐ 1 package of corn tortillas
- ☐ 1 box of lasagna noodles
- ☐ 1 bottle of sweet chili Thai sauce
- ☐ 1 jar of sun-dried tomatoes
- ☐ 1 bottle of extra virgin olive oil

Spices & Seasonings

- ☐ Salt and pepper
- ☐ Paprika
- ☐ 1 packet of taco seasoning