

Weekly Menu Plan #1

January 1-7

Creations
by KARA

Monday

Caramelized Onion Pork Chops
Green Salad

Tuesday

Ground Beef Goulash
Rice

Wednesday

Instant Pot Sweet & Spicy Chicken
Rice
Frozen Veggies

Thursday

Chicken Noodle Soup
Yummy White Rolls

Friday

DATE NIGHT

Weekend

Taco Cabbage Skillet

Dessert

Butterfinger Poke Cake

Pro Tips:

~You will only need part of the frozen peas and corn in the bags, so you can use the rest as a side dish on Wednesday.

-For even tastier salad, whip up a batch of my homemade ranch dressing!

~You'll need rice both Tuesday and Wednesday, so you can save time by cooking it all up on Tuesday.

PRODUCE

4 onions
bagged salad or lettuce
carrots for salad and soup
cucumber for salad
garlic (9 cloves)
green onions (optional)
celery (5 stalks)
green cabbage (5 cups)

BREAD/BAKERY

egg noodles or ingredients to
make homemade noodles

SEASONINGS

seasoning salt
black pepper
salt
chili powder
cumin
parsley
basil
ginger
red pepper flakes
bay leaves
taco seasoning
dry minced onion

CANNED GOODS

4 15oz cans diced tomatoes
1 12 oz can evaporated milk
1 14oz can sweetened
condensed milk
creamy peanut butter (1/3 cup)

PANTRY ITEMS

canola or vegetable oil
granulated sugar
white or brown rice (3-4 cups)
brown sugar (1 cup)
apple cider vinegar (1/3 cup)
soy sauce (1/4 cup)
lemon juice (2 Tbsp)
cornstarch (2 Tbsp)
chicken bouillon (1 1/2 Tbsp)
instant yeast (2 Tbsp)
potato flakes (optional)
all purpose flour (7 cups)
powdered sugar (1/3 cup)
vanilla extract (1/2 tsp)
non stick cooking spray

MEAT

6 pork loin chops
2# ground beef
8 boneless, skinless chicken breasts

FROZEN

frozen corn (1 bag)
frozen peas (1 bag)

MISCELLANEOUS

1 box chocolate cake mix
caramel sauce (1/2 cup)
8 .65oz Butterfinger candy bars

DAIRY/EGGS

ranch dressing for salad
2 1/2 cups cheddar cheese
eggs (5)
heavy cream (1 cup)