

Weekly Menu Plan #6

February 5th - 11th



Monday

Ham Broccoli Braid
Fresh Fruit or Smoothies

Tuesday

Cheesy Hamburger Rice
Frozen Peas or Green Beans

Wednesday

Chicken Bacon Ranch Pizza
Green Salad

Thursday

Mexican Chicken Chili

Friday

DATE NIGHT

Weekend

Hawaiian Chicken
Rice

Dessert

White Chocolate Strawberry
Cookies

Pro Tips:

~You can use the rest of the head of broccoli used Monday as a side dish with the Hawaiian chicken.

PRODUCE

broccoli (1 cup)
red pepper (1/4 cup)
fruit for Monday
bagged salad or salad ingredients
russet potatoes (4)
onion
carrots (3 large)
celery (3 stalks)
jalapeno pepper
garlic (1 clove)
green pepper

BREAD/GRAINS

white rice (or brown)

SEASONINGS

salt
black pepper
chicken bouillon
chili powder
dried arslley
cumin
oregano
dried basil
soy sauce

CANNED GOODS

mayonnaise
dijon mustard
tomato sauce (8oz)
diced tomatoes (15oz)
kidney beans (15 oz)
pineapple chunks (20 oz)

PANTRY ITEMS

instant yeast
sugar
olive oil
all purpose flour
vegetable or canola oil
granulated sugar
cornstarch
apple cider vinegar
vanilla extract
baking soda
baking powder

MEAT

ham (1 1/2 cups diced)
cooked chicken (2 cups)
chicken breast (8)
bacon (4 slices)

FROZEN

frozen peas or green beans (1 bag)

DAIRY/EGGS

mozzarella cheese (4 1/2 cups)
Swiss cheese (1/2 cup)
ranch dressing
salted butter (1 cup)
eggs

MISCELLANEOUS

strawberry jello mix (2 Tbsp)
vanilla pudding mix (3.5 oz)
white chocolae chips (2 cups)