

# Weekly Menu Plan #10

March 12th - March 18th



## Monday

Smoked Sausage Potato Bake

## Tuesday

Sloppy Joes

Green Salad

## Wednesday

Teriyaki Chicken

Frozen Vegetables

## Thursday

Loaded Nacho Soup

## Friday

DATE NIGHT

## Weekend

Crock Pot Chicken Pot Pie

Melted Butter Biscuits

## Dessert

Peanut Butter Chocolate Chip  
Cookies

## Pro Tips:

-For the beef broth on Thursday, I just use bouillon cubes and water.

-You will use 2 cups of buttermilk next week, so you can buy a quart.

-Instead of making biscuits from scratch, you can buy a tube of biscuits.

## PRODUCE

russet potatoes (9 medium)

onions (4)

red pepper

garlic (8 cloves)

bag of salad (or salad ingredients)

green pepper

jalapeno pepper

green onions for soup garnish

carrots (about 9)

## BREAD/GRAINS

8 hamburger buns

## SEASONINGS

salt

pepper

paprika

curry powder

ground ginger

chili powder

red pepper flakes

## CANNED GOODS

10.5 oz can chicken gumbo soup

15 oz can black beans

15 oz can diced tomatoes

beef broth (2 cups)

cream of chicken soup (2 10.5 oz cans)

## MISCELLANEOUS

ketchup (3/4 cup)

Worcestershire sauce (2 Tbsp)

dressing for green salad

tortilla chips (to garnish soup)

chocolate chips (1 cup)

peanut butter chips (1 cup)

roasted salted peanuts (1 cup)

## PANTRY ITEMS

olive oil (1 Tbsp)

brown sugar (1 Tbsp)

cornstarch (1 Tbsp)

sugar (1 cup)

apple cider vinegar (1/4 cup)

soy sauce (1/2 cup)

white or brown rice

all purpose flour (4 1/4 cup)

baking powder (2 tsp)

baking soda (1/2 tsp)

peanut butter (1/3 cup)

brown sugar (1 cup)

vanilla extract (1 Tbsp)

non stick cooking spray

## MEAT

12 oz pkg beef smoked sausage

lean ground beef (3 pounds)

chicken breast (7)

## FROZEN

frozen vegetables of your choice

frozen corn (2 cups)

frozen peas (1 1/2 cups)

## DAIRY/EGGS

heavy cream (1 cup)

milk (1 cup)

cheddar cheese (1 1/2 cup grated)

butter (1 cup)

buttermilk (1 cup)

egg (2)