

Weekly Menu Plan #12

March 26th - April 1st



Monday

German Pancakes
Fresh Fruit

Tuesday

Beef Stroganoff Sandwiches

Wednesday

BBQ Chicken Salad

Thursday

Chicken Pot Pie Soup

Friday

DATE NIGHT

Weekend

Fettuccine Alfredo
Broccoli

Dessert

Key Lime Pie

Pro Tips:

-Instead of 2 small onions, you can buy one large, dice it all on Monday, and use the rest on Thursday.

-You may have leftover carrots from the pasta last week.

PRODUCE

fruit of your choice for Monday
onion (2 small)
roma tomatoes (3 large)
green pepper (1)
garlic (10 cloves)
tomatoes (3)
red pepper
green onions (4)
avocados (2)
limes (2-3)
cilantro (optional)
1 head leafy green lettuce
spinach (3 cups)
celery (3 stalks)
carrots (3 large)

BREAD/GRAINS

1 loaf french bread
tortilla strips (or chips)
1 pound fettuccine noodles

SEASONINGS

salt
pepper
garlic powder
chicken base or bouillon (2 tsp)
dry parsley
dry thyme
dry rosemary
bay leaf

CANNED GOODS

can corn (1)
15 oz can black beans
14 oz can sweetened condensed milk

PANTRY ITEMS

sugar (3 Tbsp)
vanilla extract (1 tsp)
all purpose flour (2 1/2 cups)
olive oil (2 Tbsp)
powdered sugar (1/4 cup)

MEAT

lean ground beef (2 pounds)
chicken breasts (3)
rotisserie chicken (or 3 breasts)

FROZEN

unbaked pastry crust (or make one)
frozen peas (1 1/2 cups)

DAIRY/EGGS

butter (1 1/2 cups)
eggs (9)
milk (4 3/4 cups)
light sour cream (1 1/2 cups)
cheddar cheese (3 1/2 cups
grated)
cream (3 1/4 cups)
parmesan cheese (1/2 cup)

MISCELLANEOUS

syrup for German pancakes
soy sauce (2 tsp)
BBQ sauce (1/3 cup+)
ranch dressing (1/2 cup)
Biscoff cookies or graham crackers
(to make 1 3/4 cup crumbs)