

Weekly Menu Plan #13

April 2nd - April 8th



Monday

Creamy Ham & Pea Pasta

Tuesday

Ranch Meatballs

Cheesy Ranch Red Potatoes

Wednesday

Cajun Lemon Chicken Pasta

Green Salad

Thursday

Spicy Chicken Corn Chowder

Friday

DATE NIGHT

Weekend

Ground Beef Tostadas

Dessert

Easy Toffee Bars

Pro Tips:

-If you have leftover sour cream, whip up a batch of my sour cream banana bread!

-If you buy the sliced almonds for the toffee bars, you can use some of them to garnish the green salad.

PRODUCE

onions (3)
garlic (7 cloves)
red potatoes (7-9)
lemons (2)
green onions (3)
parsley (or you can use dried instead)
avocados (2)
lettuce (for tostadas)
bag of salad (or salad ingredients)

BREAD/GRAINS

rotini pasta (2 pounds)
flour tortillas (1 dozen)
corn flakes (3-4 cups)

SEASONINGS

salt
pepper
cajun seasoning (1 Tbsp)
dry parsley (4 tsp)
chicken base or bouillon (2 tsp)
cumin (1 tsp)
oregano (1/2 tsp)
garlic powder (1/4 tsp)

CANNED GOODS

10.5 oz can cream of chicken soup
14.75 oz can creamed corn
2 (4 oz) cans diced green chilies
diced tomatoes (28 oz)
sliced olives (2.25 oz can)
2 (16oz) cans refried beans

PANTRY ITEMS

olive oil (1/2 cup + 1 Tbsp)
flour (2 cups + 2 Tbsp)
brown sugar (1 cup + 2 Tbsp)
white vinegar (1 Tbsp)
vanilla extract (1 tsp)
dressing for salad

MEAT

ham (2 cups diced)
lean ground beef (3 pounds)
chicken breast (24 ounces + 2 chicken breasts)
bacon bits (1/4 cup)

FROZEN

frozen peas (2 cups)
frozen corn (2 cups)

DAIRY/EGGS

milk (6 cups)
sour cream (1 pint)
parmesan cheese (3/4 cup+)
eggs (2)
butter (1 1/4 cups)
pepper jack cheese (2 cups)
cheddar cheese (2 1/2 cups)

MISCELLANEOUS

Worcestershire sauce (1 tsp)
soy sauce (2 Tbsp)
hot sauce (1/4 tsp)
ranch dressing (3/4 cup)
3 4.25oz Symphony bars
sliced almonds (optional)