

Weekly Menu Plan #14

April 9th - April 15th

Creations
by KARA

Monday

Pork Chops with Cream Sauce
Mashed Potatoes

Tuesday

BBQ Bacon Sandwiches
Honey Lime Chicken Salad

Wednesday

Asian Chicken Pasta Salad

Thursday

Clam Chowder

Friday

DATE NIGHT

Weekend

Instant Pot Beef Stew
Butter Swim Biscuits

Dessert

Coconut Lime Cookies

Pro Tips:

-You will only need 1/4 cup of the limeade, you can whip up the rest and serve it with a meal.

-Instead of beef broth, you can use water and bouillon.

-In place of the half & half, you can use 1 cup milk and 1 cup heavy cream.

PRODUCE

garlic (12 cloves)
russet potatoes (3-4 pounds)
onion (4)
green pepper
fresh fruit (to equal 6 cups)
baby spinach (6 oz)
celery (8 stalks)
carrots (4 large)
lime

BREAD/GRAINS

8 English muffins
bowtie pasta (8 oz)

SEASONINGS

salt
pepper
chili powder (2 Tbsp)
parsley flakes (1 Tbsp)
Italian seasoning (2 tsp)

CANNED GOODS

15 oz can kidney beans
8 oz can tomato sauce
11 oz can mandarin oranges
12 oz can evaporated milk
3 6.5oz cans minced clams
2 10.5 oz cream of celery soup
tomato sauce (just 1/3 cup)
beef broth (2 cups)

MISCELLANEOUS

chicken bouillon (1 1/2 Tbsp)
 Worcestershire sauce (2 Tbsp + 1 tsp)
soy sauce (1/4 cup)
craisins (1/3 cup)
roasted, salted peanuts (2/3 cup)
white baking chips (1 cup)
coconut (1/2 cup)

PANTRY ITEMS

vegetable oil (5 Tbsp)
honey (1/2 cup)
poppy seeds (1 tsp)
brown sugar (1 cup + 2 tsp)
vinegar (1/4 cup)
sugar (3/4 cup + 4 tsp)
sesame seeds (2 Tbsp)
red wine vinegar (2 tsp)
flour (5 1/2 cups)
baking powder (4 tsp)
vanilla extract (2 tsp)
baking soda (1/2 tsp)

MEAT

6 pork chops (5 oz each)
bacon (4 strips)
ground beef (1 pound)
2 cups cooked chicken (1-2 breasts)
1 1/2 pounds beef stew meat

FROZEN

limeade concentrate
frozen peas (3/4 cup)

DAIRY/EGGS

butter (1 1/4 cups + 2 Tbsp)
heavy cream (1 cup)
cream cheese (3 ounces)
milk (1/4 cup)
cheddar chese (1 cup shredded)
half & half cream (2 cups)
buttermilk (1 3/4 cups)
eggs (2)