

Weekly Menu Plan #15

April 16th - April 22nd



Monday

Peanut Butter Waffles

Tuesday

Taco Salad

Wednesday

Lemon Grilled Chicken

Fruit Salad

Thursday

Ham Broccoli Soup

Friday

DATE NIGHT

Weekend

Ham with Scalloped Potatoes

Green Beans

Dessert

Carrot Cake

Pro Tips:

-Sunday is Easter, so that's the day I planned for the weekend meal.

Whip up some of my one hour rolls to make the dinner even more special!

-Use leftover ham to make the ham broccoli soup.

PRODUCE

iceberg or leafy lettuce (1 head)
green onions (2)
tomatoes (2)
avocado (1)
lemon (1)
garlic (5 cloves)
apples (4)
pineapple (1)
grapes (1 cup)
banana (1)
russet potatoes (8)
broccoli (2 cups)
green beans (1 pound)
large carrots (9-10)
orange (1- for zest)

BREAD/GRAINS

rolls, optional (or make homemade)

SEASONINGS

salt
pepper
taco seasonings (1/4 cup + 1 tsp)
oregano (1/2 tsp)
garlic powder (1/2 tsp)
ground cinnamon (2 tsp)

CANNED GOODS

kidney beans (1 15 oz can)
sliced olives (1 2.5 oz can)
chicken broth (3 cups)
crushed pineapple (8 oz)

MISCELLANEOUS

tortilla chips (optional for taco salad)
sesame seeds (1 Tbsp)
pecans, optional (1 cup)
flaked coconut (1 cup)

PANTRY ITEMS

flour (4 cups)
sugar (3 cups)
baking powder (1 Tbsp + 2 tsp)
vegetable oil (1 1/2 cups + 3 Tbsp)
vanilla extract (4 tsp)
peanut butter (1 cup)
brown sugar (3 Tbsp)
dry minced onion (1 Tbsp)
soy sauce (2 tsp)
baking soda (1 tsp)
powdered sugar (3 cups)

MEAT

lean ground beef (1 pound)
chicken breast (4 6oz pieces)
bone in ham (1)

FROZEN

DAIRY/EGGS

eggs (6)
milk (5 cups)
cheddar cheese (2 cup grated)
sour cream (1 cup)
mayonnaise (1/4 cup)
heavy cream (2 1/2 cups)
Swiss cheese (2 cups grated)
parmesan cheese (1/4 cup)
butter (1/4 cup + 1 1/2 Tbsp butter)
cream cheese (4 oz)