

Weekly Menu Plan #16

April 23rd - April 29th



Monday

Honey Maple Pork Tenderloin
Spinach Salad w/Poppy Seed
Dressing

Tuesday

Fry Bread Tacos

Wednesday

Crispy Baked Chicken Strips
Roasted Asparagus

Thursday

Chicken Pasta Salad with Grapes

Friday

DATE NIGHT

Weekend

Sour Cream Swedish Meatballs
Mashed Potatoes

Dessert

Mini Banana Trifles

Pro Tips:-

-I like to cook the fry bread in just a bit of oil, but if you want to deed fry them, you will need aditional canola oil

-I use canned chili for the fry bread tacos, but you can make homemdade if you prefer.

PRODUCE

garlic (5 cloves)
bagged baby spinach (6-8 ounces)
celery (6 stalks)
bag of shredded lettuce
tomatoes (2)
avocado (1)
green onions (8)
asparagus (1 bunch)
purple grapes (2 cups)
russet potatoes (2 1/2 pounds)
bananas (5-6)

BREAD/GRAINS

cornflakes (2 cups)
rotini or bowtie pasta (24 ounces)

SEASONINGS

salt
pepper
thyme (1/2 tsp)
garlic salt (1/2 tsp)
parsley (1 Tbsp)

CANNED GOODS

chili (2 14 oz cans)
black olives (1 can)
pinepple tidbits (2 20 oz cans)
sweetened condensed milk (14 oz can)

MISCELLANEOUS

ranch dressing (1/4 cup)
craisins (1 cup)
roasted, salted cashews (2 cups)
mayonnaise (1 cup)
ranch dressing (2 cups)
Fritos corn chips (1 cup)
pecans (1/4 cup chopped)

PANTRY ITEMS

canola oil (1/3 cup + 7 Tbsp)
pure maple syrup (1/4 cup)
honey (2 Tbsp)
brown sugar (1/2 cup + 2 Tbsp)
balsamic vinegar (1 Tbsp)
dijon mustard (1 Tbsp)
sugar (2 1/2 Tbsp)
vinegar (2 1/2 Tbsp)
flour (4 1/2 cups)
baking powder (1 1/2 tsp)
poppy seeds (1 1/2 tsp)
yellow mustard (2 drops)
olive oil (2 Tbsp)
beef bouillon (1 Tbsp)
worcestershire sauce (2 tsp)
dry minced onion (2 Tbsp)
vanilla extract (1 tsp)

MEAT

pork tenderloin (2 pounds)
bacon (6 strips)
chicken breast (3 1/2 pounds)
lean ground beef (2 pounds)

FROZEN

DAIRY/EGGS

eggs (3)
mozzarella cheese (1 cup)
milk (2 1/4 cups)
grated cheddar cheese (1 cup)
sour cream (1 cup + more for tacos)
parmesan cheese (2 Tbsp)
butter (3/4 cup + 2 Tbsp)
cream cheese (11 ounces)
heavy whipping cream (1 cup)