

Weekly Menu Plan #17

April 30th - May 6th



Monday

Oatmeal Pancakes
Fresh Fruit

Tuesday

Chili Mac

Wednesday

Chicken Bacon Ranch Pasta

Thursday

Balsamic Chicken Salad

Friday

DATE NIGHT

Weekend

Alice Springs Chicken
Green Peas or Beans

Dessert

Strawberry Shortcake

Pro Tips:-

-I like to use my homemade ranch dressing mix for the pasta on Wednesday.

-In place of the beef broth, you can use beef bouillon and water.

PRODUCE

fruit to serve with pancakes
onion (1)
garlic (6 cloves)
romaine lettuce (1 large head)
cherry or grape tomatoes (1 1/2 cups)
fresh basil (2 Tbsp)
mushrooms (1/2 cup)
strawberries (2 pints)

BREAD/GRAINS

elbow macaroni (8 oz)
rotini pasta (10 oz)

SEASONINGS

chili powder (1 1/2 tsp)
cumin (1 tsp)
cayenne powder (dash)
smoked paprika (1 tsp)
salt
pepper
seasoning salt (1/2 tsp)

CANNED GOODS

diced tomatoes (1 14.5 oz can)
tomato sauce (1 8 oz can)
beef broth (1 cup)
kidney beans (1 15.5 oz can)
black beans (1 15.5 oz can)

MISCELLANEOUS

worcestershire sauce (2 tsp)
ranch dressing mix (2 tsp)
balsamic vinegar (1/3 cup)
dijon mustard (1/4 cup)
mayonnaise (2 Tbsp)

PANTRY ITEMS

quick oats (1 cup)
all purpose flour (3 cups + 2 Tbsp)
baking powder (2 1/2 tsp)
baking soda (1/2 tsp)
salt (1 tsp)
brown sugar (3 Tbsp)
canola or vegetable oil (1/4 cup)
vanilla extract (1 tsp)
olive oil (6 Tbsp)
honey (1/2 cup)
dry minced onion (1 1/2 tsp)
granulated sugar (1 3/4 cups)
lemon extract (optional- 1 tsp)

MEAT

lean ground beef (1 pound)
bacon (12 slices)
skinless chicken breast (6 breasts + 24 oz)

FROZEN

frozen peas or green beans (1 bag)
vanilla ice cream (1 carton)

DAIRY/EGGS

eggs (5)
buttermilk (2 cups)
colby jack or cheddar cheese (8 oz)
milk (2 2/3 cups)
parmesan cheese (2 Tbsp)
feta cheese (2 Tbsp)
mozzarella cheese (1 cup shredded)
butter (2/3 cup)