

Weekly Menu Plan #18

May 7th - May 13th



Monday

Parmesan Tilapia
Rice Pilaf

Tuesday

Ground Beef Lo Mein

Wednesday

Baked Mayonnaise Chicken
Carrots & Zucchini

Thursday

Chinese Chicken Salad

Friday

DATE NIGHT

Weekend

Taco Pasta

Dessert

Brigadeiro Truffles

Pro Tips:-

-You can use fresh instead of bottled lemon juice for the tilapia, just buy a lemon.

PRODUCE

celery (4 stalks)
onion (1 small, 2 large)
broccoli florets (3 cups)
red pepper (1)
large carrots (2)
garlic (10 cloves)
mushrooms (4.5 oz)
bean sprouts (7 oz)
baby carrots (2 cups)
zucchini (2 small)
cabbage (small head)
iceberg lettuce (small head)
green onions (3)

BREAD/GRAINS

long grain rice (1 cup)
spaghetti noodles (6oz dry)
small shell pasta (8.5 oz)

SEASONINGS

basil (1/4 tsp)
pepper
salt
seasoning salt (3/4 tsp)
parsley (2 tsp)
thyme (1/2 tsp)
ground sage (1/4 tsp)
ground ginger (1 tsp)
red pepper flakes (1/4 tsp)
dry dill (1/8 tsp)
taco seasoning (3 Tbsp or 1 packet)

CANNED GOODS

sliced water chesnuts (8 oz)
Rotel tomatoes & chilis (10 oz can)
sweetened condensed milk (14oz can)

PANTRY ITEMS

soy sauce (9 Tbsp)
sugar (3 Tbsp + 2 tsp)
panko bread crumbs (1/2 cup)
Italian bread crumbs (1/4 cup)
olive oil (4 Tbsp)
sesame seeds (2 Tbsp)
vinegar (1 1/2 Tbsp)
beef bouillon (1 Tbsp)
cocoa powder (2 Tbsp)

MEAT

tilapia fillets (5 4.5 oz each)
lean ground beef (2 pounds)
skinless chicken breast (2 1/2 lbs)

FROZEN

DAIRY/EGGS

parmesan cheese (1 1/2 cup)
butter (7 Tbsp)
cheddar cheese (5 oz)

MISCELLANEOUS

mayonnaise (3/4 cup + 2 Tbsp)
lemon juice (2 Tbsp)
Lipton chicken noodle soup (2.25 oz)
sriracha sauce (1 tsp)
chicken ramen noodles (3oz pkg)
sliced almonds (1/4 cup)
 Worcestershire auce (2 tsp)
chocolate jimmies sprinkles (1 cup)