

Weekly Menu Plan #19

May 14th - May 20th



Monday

Ham Potato Casserole
Peas or Green Beans

Tuesday

Sweet and Sour Ground Beef
Rice

Wednesday

Bruschetta Chicken
Green Salad

Thursday

Chicken Bacon Ranch Pasta Salad

Friday

DATE NIGHT

Weekend

Taco Pizza

Dessert

Cowboy Cookies

Pro Tips:-

- Use my recipe for pizza crust instead of buying canned.
- I use homemade taco seasoning, but you can use a packet.

PRODUCE

russet potatoes (2 pounds)
large carrots (3)
onion (2)
green pepper (1)
roma tomatoes (7)
garlic (2 cloves)
basil (1/4 cup)
bag of green salad
celery (3 stalks)
green onions (1 bunch)
shredded lettuce (2 cups)

BREAD/GRAINS

spiral pasta (16 ounces)
2 cans pizza crust (or make your own)

SEASONINGS

black pepper
salt
garlic powder (1 tsp)
Italian seasoning (1 tsp)
taco seasoning (6 Tbsp)
ground cinnamon (1/2 tsp)

CANNED GOODS

cream of mushroom soup (10.5 oz can)
pineapple chunks (15 oz can)
tomato sauce (8 oz)
condensed tomato soup (10 oz)
black beans (15 oz can)
black olives (6 oz can)

PANTRY ITEMS

dry minced onion (1 Tbsp)
brown sugar (1 1/2 cup)
long grain white rice (1 1/2 cups)
olive oil (2 1/2 Tbsp)
granulated sugar (1 cup)
vanilla extract (1 tsp)
all purpose flour (1 3/4 cups)
baking powder (1/2 tsp)
baking soda (1 tsp)
old fashioned oats (1 3/4 cups)

MEAT

diced ham (1 1/2 cups)
lean ground beef (2 pounds)
chicken breasts (3 pounds)
bacon (1/2 pound)

FROZEN

peas, beans or other vegetable

DAIRY/EGGS

cheddar cheese (1 1/2 cup grated)
milk (1/4 cup)
fresh mozzarella cheese (4.5 oz)
shredded mozzarella cheese (1 cup)
salted butter (1 cup)
eggs (2 large)

MISCELLANEOUS

ketchup (1/2 cup)
balsamic vinegar (3 Tbsp)
dressing for green salad
ranch dressing (1 1/3 cups)
shredded coconut (1 cup)
pecans (1 cup)
semi sweet chocolate chips (1 cup)
milk chocolate chips (1 cup)