

Weekly Menu Plan #21

May 28th - June 3rd



Monday

Waffles of Insane Greatness
Scrambled Eggs

Tuesday

Korean Ground Beef
Steamed Broccoli

Wednesday

Marinated Grilled Chicken
Roasted Potatoes

Thursday

Garlic Bread Grilled Cheese
Fresh Fruit

Friday

DATE NIGHT

Weekend

Instant Pot Honey Garlic Chicken
Green Salad

Dessert

Peanut Butter Cupcakes

Pro Tips:-

-If you made the raspberry scones from last week, you can use the leftover cream for the peanut butter frosting.

-I prefer creamy peanut butter for the cupcakes, but you can use chunky,

PRODUCE

garlic (8 cloves)
green onions (5)
broccoli (1 large bunch)
russet potatoes (2 pounds)
fruit for Thursday night
onion (1 small)
bag of salad (or salad ingredients)

BREAD/GRAINS

white rice (3-4 cups)
French bread (1# loaf)

SEASONINGS

salt
pepper
ground ginger (3/4 tsp)
red pepper flakes (3/4 tsp)
kosher salt (1 1/2 tsp)
garlic powder (1 tsp)
parsley flakes (1 tsp)
sesame seeds (optional)

CANNED GOODS

MISCELLANEOUS

syrup for waffles (or fruit & cream)
sesame oil (optional)
ketchup (1/4 cup)
honey (1/2 cup)
dressing for green salad
cupcake liners (20)

PANTRY ITEMS

vegetable oil (1 cup)
vanilla extract (4 tsp)
granulated sugar (3 Tbsp)
all purpose flour (2 1/4 cups)
cornstarch (3/4 cup + 2 Tbsp)
baking powder (1 Tbsp + 1/2 tsp)
baking soda (1 1/4 tsp)
brown sugar (2 1/4 cups)
soy sauce (1 cup)
olive oil (2 1/2 Tbsp)
cake flour (1 1/2 cups)
peanut butter (1 cup + 1 Tbsp)
powdered sugar (3 cups)

MEAT

lean ground beef (1 pound)
chicken breast (4 10 oz each + 2#)

FROZEN

DAIRY/EGGS

buttermilk (1 quart)
eggs (14)
salted butter (1/2 cup + 6 Tbsp)
parmesan cheese (1/4 cup)
cheddar cheese (12 ounces)
cream or milk (5 tbsp)