

# Weekly Menu Plan #24

June 18th - June 24th



## Monday

Blueberry Pancakes

## Tuesday

Beef Taquitos  
Pico de Gallo

## Wednesday

Maple Dijon Chicken Thighs  
Green Salad

## Thursday

Hot Chicken Salad  
Frozen Vegetables

## Friday

DATE NIGHT

## Weekend

Chicken Broccoli Pasta Skillet

## Dessert

Mini No Bake Lime Cheesecakes

## Pro Tips:-

-If you've never tried my buttermilk syrup, you should make it for the blueberry pancakes. It is divine!

## PRODUCE

blueberries (1 cup)  
tomatoes (1 pound)  
onions (2)  
jalapeno (1)  
cilantro (1/4 cup)  
limes (3-4)  
bag of salad (or salad ingredients)  
celery (3 stalks)  
garlic (3 cloves)  
broccoli (1 large bunch)  
lemon (1)

## BREAD/GRAINS

8" flour tortillas (15)  
1 1/2 cups long grain rice  
penne pasta (6 oz)  
graham crackers (about 5 oz)

## SEASONINGS

salt  
pepper  
dry minced onion (2 Tbsp)  
cumin (1/2 tsp)  
lemon pepper (1/2 tsp)  
oregano (1/4 tsp)  
red pepper flakes (1/4 tsp)

## FROZEN

frozen vegetables (1# bag)

## CANNED GOODS

black beans (15 oz can)  
diced green chilies (4 oz can)  
cream of chicken soup (10.5 oz can)  
sweetened condensed milk (14 oz can)

## PANTRY ITEMS

all purpose flour (2 1/2 cups)  
granulated sugar (2 Tbsp)  
baking powder (2 Tbsp)  
vanilla extract (1 1/4 tsp)  
rice vinegar (1 Tbsp)  
olive oil (1 1/2 Tbsp)  
powdered sugar (2 Tbsp)

## MEAT

lean ground beef (1 pound)  
boneless chicken thighs (8)  
baon bits (1/4 cup)  
chicken breast (3 cups cooked + 1#)

## DAIRY/EGGS

milk (3 cups)  
eggs (2)  
salted butter (1/4 cup + 1/3 cup)  
cream cheese (12 oz)  
pepper jack cheese (1/4 cup)  
colby jack cheese (3/4 cup)  
heavy cream (1 cup)  
parmesan (1/2 cup)

## MISCELLANEOUS

syrup for blueberry pancakes  
dijon mustard (1/3 cup)  
pure maple syrup (1/3 cup)  
dressing for salad  
better than chicken bouillon (1 Tbsp)  
mayonnaise (1/2 cup)  
slivered almonds (1/2 cup)  
potato chips (1 cup crushed)