

Weekly Menu Plan #26

July 2nd - July 8th



Monday

Overnight French Toast Casserole
Fresh Berries

Tuesday

Cheeseburger Mac

Wednesday

Chicken Fajita Rice

Thursday

Chicken Caesar Wraps
Creamy Grape Salad

Friday

DATE NIGHT

Weekend

Fritos Casserole
Green Salad

Dessert

Blueberry Dump Cake with
Vanilla Ice Cream

Pro Tips:

-In place of the half & half, you can use a cup of milk and a cup of heavy cream.

-You can use bouillon and water in place of the beef broth.

-Use a few of the grape tomatoes as garnish for the fajita rice.

-If desired, buy cilantro & lime as garnish for Wednesday.

PRODUCE

blueberries (3 pints)
onions (3)
garlic (3 cloves)
green pepper (1/2 cup diced)
red pepper (1/2 cup diced)
avocado (1)
romain lettuce (1 small head)
grape tomatoes (1 cup)
seedless grapes (3 pounds)
bag of salad (or salad ingredients)

BREAD/GRAINS

french bread (1 pound loaf)
elbow macaroni (2 1/2 cups)
long grain rice (1 cup)
seasoned croutons (1/2 cup)
8" flour tortillas (6)

SEASONINGS

salt
pepper
cinnamon (1 1/2 tsp)
paprika (1/2 tsp)
cumin (1 tsp)
chili powder (1/2 tsp)
chili seasoning mix (1.25 oz packet)

CANNED GOODS

diced tomatoes (15 oz can)
beef broth (1 1/2 cups)
diced green chilies (4.5 oz can)
tomato sauce (8 oz)
pinto beans (2 15oz cans)
sliced olives (4.5 oz can)
crushed pineapple (20 oz can)

PANTRY ITEMS

granulated sugar (1 1/2 cups)
vanilla extract (3 tsp)
all purpose flour (3/4 cup)
brown sugar (1/2 cup + 2 Tbsp)

MEAT

lean ground beef (2 pounds)
chicken breast 32 oz (5 cups cooked)

DAIRY/EGGS

large eggs (8)
half & half cream (2 cups)
salted butter (1 1/4 cups)
milk (1 cup)
shredded cheddar (4 1/2 cups)
sour cream (3/4 cup)
parmesan cheese (1/4 cup)
cream cheese (4 oz)

FROZEN

vanilla ice cream (1.5 quarts)

MISCELLANEOUS

chopped pecans (1 1/4 cups)
syrup for french toast
 Worcestershire sauce (1 tsp)
low sodium chicken bouillon (1 Tbsp)
caesar dressing (1/4 cup)
Fritos corn chips (1 cup)
salad dressing for green salad
yellow cake mix (16 oz)