

Weekly Menu Plan #28

July 16th - July 22nd



Monday

Buttermilk Pancakes
Fresh Berries

Tuesday

Mexican Rice Skillet Casserole
Shredded Lettuce

Wednesday

Baked Orange Chicken
Rice

Thursday

Bacon Grilled Cheese
Bacon Broccoli Salad

Friday

DATE NIGHT

Weekend

Crock Pot Ranch Pork Chops
Mashed Potatoes
Green Salad

Dessert

No Bake Cherry Cheesecake

Pro Tips:

- Instead of maple syrup, try my buttermilk syrup for your pancakes!
- You can replace the quinoa for another 1/4 cup of long grain rice.
- You can use 1/4 tsp of ground ginger instead of fresh.

PRODUCE

berries for pancakes
onion (1)
garlic (7 cloves)
bag of shredded lettuce
roma tomatoes (1-2)
oranges (2)
ginger (1/2 tsp)
green onions (6)
broccoli (1 pound)
celery (3 stalks)
russett potatoes (8)
bag of salad (or salad ingredients)

BREAD/GRAINS

quinoa (1/4 cup)
long grain rice (2 1/2 cups)
hearty white bread (8 slices)

SEASONINGS

salt
black pepper
chili powder (1 Tbsp)
cumin (1 tsp)
garlic powder (1 tsp)

CANNED GOODS

diced green chilies (4.5 oz)
diced tomatoes (15 oz)
tomato sauce (8 oz)
black beans (15 oz)
black olives (1/2 cup sliced)
beef broth (1 cup)
cream of chicken soup (10.5 oz)
cherry pie filling (21 oz)

FROZEN

corn (1 1/2 cups)

PANTRY ITEMS

vegetable oil (1/4 cup + 2 tsp)
vanilla extract (1 1/2 tsp)
all purpose flour (2 1/2 cups)
granulated sugar (1/2 cup + 2 Tbsp)
baking powder (2 tsp)
baking soda (1 tsp)
cornstarch (2 Tbsp)
rice vinegar (1/3 cup)
brown sugar (1 cup)
apple cider vinegar (2 Tbsp)
ranch dressing mix (1 Tbsp)
powdered sugar (3/4 cup)

MEAT

lean ground beef (1 pound)
boneless chicken breast (2 pounds)
bacon (2 pounds)
boneless pork chops (4)

DAIRY/EGGS

large eggs (2)
buttermilk (2 cups)
milk (1/2 cup)
shredded cheddar (3/4 cup)
cheddar slices (8 oz)
shredded mozzarella (3/4 cup)
salted butter (7 Tbsp)
cream cheese (9 oz)
whipping cream (1 cup)

MISCELLANEOUS

syrup/whipped cream for pancakes
mayonnaise (3/4 cup)
Craisins (1 cup)
salted sunflower seeds (1 cup)
salad dressing for salad
graham cracker crust