

Weekly Menu Plan #29

July 23rd - July 29th



Monday

Lemon Raspberry Muffins
Eggs

Tuesday

Unstuffed Green Peppers

Wednesday

Chicken Broccoli Casserole
Cheesecake Fruit Salad

Thursday

Chicken Cobb Salad

Friday

DATE NIGHT

Weekend

Crock Pot Roast Beef
Mashed Potatoes
Peas or Green Beans

Dessert

Dulce de Leche Brownies

Pro Tips:

-Use the leftover buttermilk on Thursday to make homemade ranch dressing for the salad.

PRODUCE

lemon (1)
raspberries (2 1/4 cups)
green pepper (1)
broccoli (3 small heads)
strawberries (1 pint)
blueberries (1 cup)
apple (1)
banana (1)
cilantro (1 Tbsp)
lime (1)
avocado (1)
romaine (6 cups)
baby spinach (6 cups)
grape tomatoes (16)
russet potatoes (8)
garlic (3 cloves)

BREAD/GRAINS

brown rice (1/2 cup)

SEASONINGS

salt
black pepper
cumin (3/4 tsp)
oregano (3/4 tsp)
poultry seasoning (pinch)
garlic powder (1/2 tsp)
dry minced onion (1 tsp)
chicken bouillon or base (1 tsp)
onion powder (1/4 tsp)
paprika (1/4 tsp)
celery salt (1/8 tsp)

CANNED GOODS

salsa (2 cups)
cream of mushroom soup (10.5 oz can)
dulce de leche (13.4 oz can)

PANTRY ITEMS

vegetable oil (2 Tbsp)
all purpose flour (2 1/2 cups)
granulated sugar (1 3/4 cups)
baking powder (1 tsp)
non stick cooking spray
powdered sugar (1/2 cup + 2 tsp)
vanilla extract (1 1/2 tsp)
semi sweet chocolate chips (1 cup)
cocoa powder (1/4 cup)

MEAT

lean ground beef (1 pound)
boneless chicken breast (4 large)
bacon bits (6 Tbsp)
sirloin tip roast (3 pounds)

DAIRY/EGGS

salted butter (3/4 cup + 1 Tbsp)
plain yogurt (1/2 cup)
large eggs (16)
shredded cheddar (1 1/2 cups)
milk (2 3/4 cups)
heavy cream (1 cup)
light cream cheese (7 oz)
buttermilk (1/2 cup)
shredded monterey jack (3/4 cup)

MISCELLANEOUS

coarse sugar sprinkles (1 Tbsp)
lemon juice (1 tsp)
Miracle Whip (3 Tbsp)
panko crumbs (1/3 cup)
dill pickle juice (1/2 cup)
ranch dressing (1/2 cup)
onion soup mix (1 oz packet)

FROZEN

corn (2 cups)
peas or green beans (1 bag)