

Weekly Menu Plan #30

July 30th - August 5th



Monday

Smoked Sausage Fried Rice

Tuesday

Beef & Bean Enchiladas

Wednesday

Poppy Seed Chicken
Sesame Green Beans

Thursday

Dill Pickle Pasta Salad
Brussel Sprout Salad

Friday

DATE NIGHT

Weekend

Skillet Lasagna
Green Salad

Dessert

Monster Cookies

Pro Tips:

-Instead of buying dressing, try my homemade ranch or honey mustard dressing!

PRODUCE

onions (2)
celery (2 stalks)
large carrots (2)
red pepper (1)
garlic (5 cloves)
shredded lettuce (1 bag)
roma tomato (1 or 2)
green beans (1 pound)
brussel sprouts (1 pound)
blueberries (1 1/2 cups)
bag of green salad

BREAD/GRAINS

long grain white rice (3 cups)
8" flour tortillas (8)
Ritz crackers (1 sleeve)
elbow macaroni (1/2 pound)
bowtie pasta (2 1/2 cups)

SEASONINGS

salt and pepper
dry minced onion (1 Tbsp)
garlic powder (1/2 tsp)
onion powder (1/2 tsp + 1/8 tsp)
dry dill (1/2 tsp)
cayenne pepper (pinch)
ground mustard (pinch)
parsley (1 Tbsp)
basil (1 tsp)
oregano (1 tsp)

CANNED GOODS

tomato sauce (3 8 oz cans)
black beans (15 oz)
cream of chicken soup (10.75 oz)
sliced black olives (2.5 oz)
diced tomatoes (14 oz)
creamy peanut butter (3 1/4 cups)

FROZEN

peas (1 cup)

PANTRY ITEMS

olive oil (2 Tbsp)
taco seasoning (1/4 cup)
poppy seeds (2 1/2 tsp)
soy sauce (2 tsp)
granulated sugar (1 3/4 cups)
apple cider vinegar (1 Tbsp)
brown sugar (2 1/3 cups)
corn syrup (1 1/2 tsp)
vanilla extract (1 1/2 tsp)
baking soda (4 tsp)
milk chocolate chips (1 cup)
semi sweet choc chips (1 1/2 cups)
old fashioned oats (9 cups)

MEAT

beef smoked sausage (12 oz)
lean ground beef (1 1/2 pounds)
boneless chicken breasts (3)
pork sausage (1/2 pound)

DAIRY/EGGS

large eggs (8)
shredded cheddar (2 cups)
salted butter (1 cup + 3 1/2 Tbsp)
light sour cream (1 cup)
milk (1 cup)
swiss cheese (1/3 cup grated)
cheddar cheese (4 oz)
cottage cheese (3/4 cup)
parmesan cheese (1/4 cup)
mozzarella (1/2 cup grated)

MISCELLANEOUS

sesame seeds (1 Tbsp)
dill pickles with juice (2-3 large)
mayonnaise (1 cup)
sliced almonds (1 cup)
dressing for green salad
M&M's (2 1/2 cups)