

Weekly Menu Plan #32

August 13th - August 19th



Monday

Bacon Zucchini Potato Skillet

Tuesday

Ground Beef Goulash

Wednesday

Chicken Flautas with Salsa
Side Salad

Thursday

Chicken Bacon Ranch Pizza

Friday

DATE NIGHT

Weekend

Marinated Steak
Ranch Potatoes

Dessert

Lemon Brownies

Pro Tips:

-Instead of buying a jar of salsa, whip up a batch of my fresh pico to go with the flautas!

-One large rotisserie chicken will yield enough shredded chicken for both Wednesday and Thursday.

PRODUCE

russet potatoes (8)
onion (2)
zucchini (1)
yellow squash (1)
garlic (4 cloves)
bag of salad (or salad ingredients)
red potatoes (7-9)
lemons (2)

BREAD/GRAINS

long grain rice (3 cups)
8" flour tortillas (12)
cornflakes (2 cups)

SEASONINGS

salt & pepper
chili powder (4 tsp)
cumin (1 1/2 tsp)
parsley (4 1/2 tsp)
basil (3 Tbsp + 1/2 tsp)
garlic powder (2 1/2 tsp)
dry minced onion (1 Tbsp)

CANNED GOODS

diced tomatoes (4 15 oz cans)
diced green chilies (4 oz)
salsa (1 jar)

FROZEN

corn (2 cups)

PANTRY ITEMS

granulated sugar (1 1/2 cups + 2 tsp)
instant yeast (2 1/4 tsp)
olive oil (1/2 cup + 2 Tbsp)
all purpose flour (5 1/2 cups)
powdered sugar (1 cup)

MEAT

bacon (1 pound)
lean ground beef (1 1/2 pounds)
cooked chicken (4 cups)
shredded mozzarella (4 cups)
sirloin steak (3 pounds)

DAIRY/EGGS

shredded cheddar (2 1/2 cups)
light cream cheese (4 ounces)
shredded pepper jack (1 cup)
sour cream (3/4 cup)
salted butter (1 cup + 3 Tbsp)
large eggs (4)

MISCELLANEOUS

dressing for side salad
ranch dressing (1 1/2 cups)
soy sauce (1/3 cup)
lemon juice (1/3 cup)
 Worcestershire sauce (1/4 cup)