

Weekly Menu Plan #33

August 20th - August 26th



Monday

Swedish Pancakes
Vanilla Sauce & Berries

Tuesday

BBQ Meatballs
Au Gratin Potatoes

Wednesday

Black Bean Salsa Chicken
White Rice

Thursday

Curry Chicken Wraps

Friday

DATE NIGHT

Weekend

Cajun Chicken Pasta

Dessert

Layered Peaches & Cream

Pro Tips:

-For the 3 cups of chicken on Thursday, you can either buy a rotisserie chicken, or bake your own chicken breast.

PRODUCE

berries for Swedish pancakes
onions (2-3 small)
russet potatoes (6)
green onions (4)
large carrot (1)
purple grapes (1/2 cup)
lettuce (1 small head)
yellow pepper (1)
garlic (3 cloves)
grape tomatoes (8oz)
peaches (10)

BREAD/GRAINS

long grain rice (1-2 cups)
8" flour tortillas (8)
rotini pasta (12 oz)

SEASONINGS

salt & pepper
parsley (1 Tbsp)
taco seasoning (1 Tbsp)
curry powder (2 tsp)
cajun seasoning (2 Tbsp)

CANNED GOODS

salsa (1 cup)
black beans (15 oz)

FROZEN

PANTRY ITEMS

granulated sugar (2 cups)
all purpose flour (2 1/4 cups)
cornstarch (2 Tbsp)
vanilla extract (3 1/2 tsp)
oats (3/4 cup)
olive oil (1 tbsps)
chicken base or bouillon (1 tsp)

MEAT

lean ground beef (1 1/2 pounds)
chicken breast (3)
cooked chicken (3 cups)
rotisserie chicken (or 3 breasts)

DAIRY/EGGS

large eggs (8)
milk (8 cups)
salted butter (1/2 cup)
grated cheddar (2 1/2 cups)
sour cream (1/4 cup)
heavy cream (3 1/4 cups)
parmesan cheese (3 Tbsp)
cream cheese (8 oz)

MISCELLANEOUS

worcestershire sauce (1 tsp)
ketchup (2 Tbsp)
mayonnaise (1/4 cup)
salted, roasted almonds (1/2 cup)
Pecan Sandies (11.3 oz pkg)