

Weekly Menu Plan #34

August 27th - September 2nd



Monday

Breakfast Hash

Tuesday

Instant Pot Beef & Broccoli
Rice

Wednesday

Chicken Pillows
Peas (or other vegetable)

Thursday

BBQ Chicken Salad

Friday

DATE NIGHT

Weekend

Balsamic Pot Roast
Baked Potatoes

Dessert

No Bake Strawberry
Cheesecake

Pro Tips:

-Don't forget to buy any fixings for baked potatoes that your family enjoys.

-Instead of buying a lemon for the cheesecake, you can use bottled lemon juice.

PRODUCE

garlic (14 cloves)
ginger (1/2 tsp grated)
broccoli florets (1 pound)
celery (2 stalks)
tomatoes (3)
red bell pepper (1)
green onions (2)
avocados (2)
lime (1)
cilantro (1/4 cup)
leafy green lettuce (7 cups)
baby spinach (3 cups)
russet potatoes (one per person)
strawberries (3 cups)
lemon (1)

BREAD/GRAINS

long grain rice (1-2 cups)
tortilla strips or chips (1 cup)

SEASONINGS

salt & pepper
red pepper flakes (1/2 tsp)
garlic powder (1/2 tsp)
dry minced onion (1 tsp)

CANNED GOODS

corn (15.25 oz)
black beans (15 oz)

FROZEN

cubed hashbrowns (2 pounds)
frozen peas (or another vegetable)

PANTRY ITEMS

vegetable oil (2 Tbsp)
beef bouillon (3 tsp)
brown sugar (1/2 cup)
sesame oil (1 Tbsp)
cornstarch (3 Tbsp)
sesame seeds (1/2 tsp)
granulated sugar (1/2 cup + 2 Tbsp)
instant yeast (2 tsp)
olive oil (1/4 cup)
all purpose flour (3 cups + 2 Tbsp)
chicken bouillon (1 tsp)
balsamic vinegar (1/4 cup)
powdered sugar (1 cup + 2 Tbsp)
vanilla extract (1 1/8 tsp)

MEAT

pork sausage (1 pound)
flank steak (1 1/2 pounds)
chicken breasts (5)
boneless chuck roast (3-4 pounds)

DAIRY/EGGS

large eggs (1 dozen)
shredded cheddar (2 1/2 cups)
milk (1 1/2 cups)
cream cheese (24 oz)
salted butter (6 Tbsp + 4 tsp)
parmesan cheese (2 Tbsp)
sour cream (1/4 cup)
heavy cream (2 cups)

MISCELLANEOUS

soy sauce (1/2 cup)
salted, roasted cashews (1/2 cup)
 Worcestershire sauce (1 1/2 Tbsp)
BBQ sauce (1/3 cup)
ranch dressing (1/2 cup)
graham crackers (12)