

Weekly Menu Plan #35

September 2nd - September 9th

Creations
by KARA

Monday

Smoked Sausage Pasta Bake

Tuesday

Cheesy Hamburger Rice

Wednesday

Chicken Tostadas

Thursday

Chinese Cabbage Salad

Friday

DATE NIGHT

Weekend

Catalina Chicken

White Rice

Side Salad

Dessert

Frozen Mud Pie

Pro Tips:

-In place of the chicken broth, you can use chicken base or bouillon and water.

-Don't forget any optional toppings for your tostadas!

-Instead of buying chocolate sauce, try my recipe for homemade. It's easy and amazing!

PRODUCE

garlic (3 cloves)
green pepper (1 small)
large carrots (4)
celery (3 stalks)
iceberg lettuce (1 large head)
roma tomatoes (3)
cabbage (1 small head or 1/2 large)
green onions (3)
romaine lettuce (large head)
baby spinach (2 cups)
grape tomatoes (1 cup)
cucumber (1)

BREAD/GRAINS

penne pasta (3 cups)
long grain rice (2 1/2 cups)
tostada shells (12)

SEASONINGS

salt & pepper
basil (1/2 tsp)
oregano (1/4 tsp)
thyme (1/4 tsp)
dry minced onion (2 Tbsp)

CANNED GOODS

tomato sauce (8 oz can)
chicken broth (1/2 cup)
refried beans (16 oz can)
peach or apricot jam (1/2 cup)

FROZEN

chocolate ice cream (1 1/2-2 quarts)

PANTRY ITEMS

all purpose flour (5 Tbsp)
olive oil (4 Tbsp)
chicken base or bouillon (1 tsp)
sesame seeds (2 Tbsp)
granulated sugar (3 Tbsp)
vinegar (1 1/2 Tbsp)
vegetable oil (1 Tbsp)
 Worcestershire sauce (1 Tbsp)
powdered sugar (1 Tbsp)
vanilla extract (1/2 tsp)

MEAT

smoked sausage (1/2 pound)
lean ground beef (1 pound)
boneless chicken breast (4 1/2-5 lbs)
crumbled bacon (1/4 cup)

DAIRY/EGGS

salted butter (1/2 cup + 1 1/2 Tbsp)
milk (1 3/4 cups)
mozzarella (1 cup shredded)
parmesan (2 Tbsp)
cheddar (4 cups grated)
large eggs (2)
heavy cream (1/2 cup)

MISCELLANEOUS

taco seasoning (2 Tbsp)
ramen noodles (3 oz pkg)
sliced almonds (1/4 cup)
soy sauce (3 Tbsp)
Lipton onion soup mix (3 Tbsp)
dressing for side salad
Oreos (28)
chocolate sauce (1/3 cup)