

# Weekly Menu Plan #36

September 10th - September 16th



## Monday

Crockpot BBQ Pork Ribs

## Tuesday

Fry Bread Tacos

## Wednesday

Potato Chip Chicken  
Italian Pasta Salad

## Thursday

Asian Chicken Spinach Salad

## Friday

DATE NIGHT

## Weekend

Ranch Burgers  
Potato Salad

## Dessert

White Chocolate Raspberry Ice  
Cream

## Pro Tips:

-Instead of buying canned chili, feel free to make your favorite recipe.

## PRODUCE

garlic (3 cloves)  
onion (1)  
lettuce (1 small head)  
tomatos (4)  
avocado (1)  
green onions (12)  
carrots (2 large)  
celery (4 stalks)  
broccoli (6 ounces)  
baby spinach (6 ouinces)  
russet potatoes (7)  
raspberries (1 1/4 cups)

## BREAD/GRAINS

rotini pasta (12 oz)  
bowtie pasta (8 oz)  
hamburger buns (4)

## SEASONINGS

salt & pepper  
garlic powder (1/2 tsp)  
parsley (1 tsp)  
smoked paprika (pinch)  
ranch dressing mix (2 Tbsp)

## CANNED GOODS

chili (2 14 oz cans)  
black olives (2 6 oz cans)  
mandarin oranges (11 oz)  
sweetened condensed milk (14 oz)

## FROZEN

## PANTRY ITEMS

brown sugar (1/3 cup)  
all purpose flour (2 1/2 cups)  
baking powder (1 1/2 tsp)  
vegetable or canola oil (1/2 cup)  
vinegar (1/4 cup)  
granulated sugar (1/2 cup)  
sesame seeds (2 Tbsp)  
vanilla extract (2 tsp)

## MEAT

boneless pork ribs (3-4 pounds)  
boneless chicken breast (3- 3 1/2#)  
lean ground beef (1 pound)

## DAIRY/EGGS

milk (1 cup + 2 Tbsp)  
shredded cheddar (3/4 cup)  
cheddar (6 oz diced, 4 1 oz slices)  
sour cream (6 Tbsp)  
salted butter (1/4 cup)  
parmesan cheese (3 Tbsp)  
eggs (3)  
heavy cream (2 cups)

## MISCELLANEOUS

apple juice (1/2 cup)  
BBQ sauce (1 1/4 cups)  
potato chips (5 oz)  
Italian dressing (3/4 cup)  
soy sauce (1/4 cup)  
craisins (1/3 cup)  
roasted, salted peanuts (2/3 cup)  
mayonnaise (2 Tbsp)  
ketchup (2 Tbsp)  
dill pickles (3 large)  
dill pickle juice (1 1/4 tsp)  
worcestershire sauce (1 Tbsp)  
Miracle Whip (1 cup)  
mustard (1 tsp)  
white chocolate (4 oz)