

# Weekly Menu Plan #37

September 17th - September 23rd



## Monday

Chocolate Chip Pancakes

## Tuesday

Teriyaki Meatballs with Rice  
Steamed Broccoli

## Wednesday

Pesto Mozzarella Chicken  
Roasted Cauliflower

## Thursday

Taco Salad

## Friday

DATE NIGHT

## Weekend

Salmon with Cream Sauce  
Rice Pilaf

## Dessert

Almond Joy Cheesecake

## Pro Tips:

-If you want to serve eggs with the pancakes, don't forget to buy extra.

## PRODUCE

broccoli (1-2 pounds)  
cauliflower (1 pound)  
iceberg lettuce (1 head)  
green onions (2)  
tomatoes (2)  
avocado (1)  
lemon (1)  
garlic (4 cloves)  
celery (2 stalks)  
onion (1 small)

## BREAD/GRAINS

long grain white rice (3 cups)  
chicken noodle soup mix (2.25 oz)

## SEASONINGS

salt & pepper  
ground ginger (1 tsp)  
garlic powder (1 tsp)  
dry minced onion (3 Tbsp)  
garlic salt (1/2 tsp)  
curry powder (1/2 tsp)  
taco seasoning (1/4 cup + 1 tsp)  
parsley (2 tsp)  
thyme (1/2 tsp)  
ground sage (1/4 tsp)

## CANNED GOODS

kidney beans (15 oz can)  
sliced olives (2.5 oz)

## FROZEN

## PANTRY ITEMS

vegetable oil (2 Tbsp)  
vanilla extract (1 1/2 tsp)  
all purpose flour (1 cup)  
granulated sugar (2 cups)  
baking powder (1 tsp)  
baking soda (1/2 tsp)  
semi sweet chocolate chips (2 cups)  
worcestershire sauce (1 1/2 tsp)  
cornstarch (2 Tbsp)  
rice vinegar (1 Tbsp)  
soy sauce (1/2 cup)  
olive oil (7 Tbsp)  
almond extract (1 tsp)  
coconut extract (1/2 tsp)

## MEAT

lean ground beef (3 pounds)  
boneless chicken breast (24 oz)  
6 oz salmon fillets (4)

## DAIRY/EGGS

buttermilk (1 1/4 cups)  
large eggs (7)  
milk (3 Tbsp)  
mozzarella (8 oz shredded)  
cheddar (1 cup shredded)  
sour cream (1/2 cup)  
heavy cream (2 cups)  
salted butter (6 Tbsp)  
cream cheese (32 oz)

## MISCELLANEOUS

panko bread crumbs (2/3 cup)  
basil pesto (1/2 cup)  
tortilla chips (2 cups)  
mayonnaise (1/4 cup)  
sliced almonds (1 cup)  
Oreos (18-20)  
sweet flaked coconut (1 1/4 cups)