

Weekly Menu Plan #39

October 1st - October 7th



Monday

Fettuccine Alfredo
Side Salad

Tuesday

Ground Beef Green Bean Skillet

Wednesday

Baked Parmesan Chicken
Pasta

Thursday

Instant Pot Chicken Tortilla Soup
Cornbread Muffins

Friday

DATE NIGHT

Weekend

Loaded Chicken & Potatoes

Dessert

Pumpkin Cinnamon Roll Cake

Pro Tips:

-I like to get avocado, tortilla chips, and cheese to garnish the tortilla soup.

-Use the leftover pumpkin puree to make my pumpkin scones or muffins.

PRODUCE

garlic (7 cloves)
romaine lettuce (1 large head)
spinach (2 cups)
grape tomatoes (1 cup)
celery (1 stalk)
carrot (3 large)
cucumber (1)
green beans (3 cups)
onion (1)
russet potatoes (5)
green onions (2)

BREAD/GRAINS

fettuccine noodles (1 pound)
seasoned bread crumbs (1/2 cup)
panko bread crumbs (1/2 cup)
spaghetti noodles (1 pound)
cornmeal (1 1/2 cups)

SEASONINGS

salt & pepper
cumin (1 1/2 tsp)
oregano (1/4 tsp)
smoked paprika (1 1/2 tsp)
garlic powder (1 Tbsp)
cinnamon (1 Tbsp + 1/2 tsp)
nutmeg (1/4 tsp)

CANNED GOODS

marinara sauce (24 oz jar)
rotel (1 10 oz can)
chicken broth (5 cups)
pumpkin puree (3/4 cup)

PANTRY ITEMS

all purpose flour (5 1/4 cups)
granulated sugar (1 3/4 cups)
vegetable oil (1/2 cup)
baking powder (1 Tbsp + 4 tsp)
olive oil (3 Tbsp)
vanilla extract (2 1/2 tsp)
brown sugar (1 cup)
powdered sugar (1 cup)

MEAT

bacon bits (3/4 cup)
lean ground beef (1 pound)
chicken breasts (10)

DAIRY/EGGS

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

MISCELLANEOUS

dressing for side salad
worcestershire sauce (2 tsp)

FROZEN

corn (2 cups)