

# Weekly Menu Plan #40

October 8th - October 14th



*Monday*

German Pancakes

*Tuesday*

Korean Ground Beef

Apple Fruit Salad

*Wednesday*

Creamy Chicken Gnocchi

*Thursday*

Chicken Enchilada Chili

*Friday*

DATE NIGHT

*Weekend*

Baked Pork Chops

Frozen Vegetables

Mashed Potato Balls

*Dessert*

Applebee's Blondies

*Pro Tips:*

-You can use greek yogurt in place of regular yogurt in the apple salad.

-You will have leftover Ritz crackers.

Try one of my tasty cheese ball recipes to go with them!

## PRODUCE

garlic (7 cloves)  
green onions (3)  
apples (4)  
onion (1 small)  
spinach (2 cups)  
avocado (1)  
russet potatoes (4 large)

## BREAD/GRAINS

long grain white rice (2 cups)  
potato gnocchi (17.5 oz)  
tortilla chips (for chili garnish)  
Ritz crackers (1 box)  
seasoned bread crumbs (3/4 cup)

## SEASONINGS

salt & pepper  
ground ginger (1/4 tsp)  
red pepper flakes (1/2 tsp)  
ground nutmeg (1/2 tsp)  
taco seasoning (3 Tbsp)  
cumin (2 tsp)  
garlic salt (1/2 tsp)

## CANNED GOODS

green chili enchilada sauce (28 oz)  
black beans (2 15 oz cans)

## FROZEN

frozen corn (16 oz)  
frozen vegetables for the weekend  
vanilla ice cream (1 1/2 quarts)

## PANTRY ITEMS

granulated sugar (2 Tbsp)  
vanilla extract (2 1/2 tsp)  
all purpose flour (3 3/4)  
brown sugar (1 1/4 cups)  
chicken bouillon/ base (1 1/2 Tbsp)  
vegetable oil (1 Tbsp)  
olive oil (2 Tbsp)  
maple flavoring (3 tsp)  
baking powder (1 tsp)  
white chocolate chips (1/2 cup)

## MEAT

lean ground beef (1 pound)  
chicken breasts (2 pounds)  
boneless pork chops (3)

## DAIRY/EGGS

salted butter (1 1/2 cups + 2 Tbsp)  
large eggs (1 dozen)  
milk (4 cups)  
vanilla yogurt (6 oz)  
grated parmesan (3/4 cup)  
colby jack cheese (1 cup grated)  
cheddar cheese (6 oz)  
heavy cream (1/2 cup)

## MISCELLANEOUS

syrup for pancakes  
soy sauce (1/4 cup)  
sesame oil (2 tsp)  
almonds (1/4 cup)  
Craisins (1/2 cup)  
pecans (1 cup)