

# Weekly Menu Plan #42

October 22nd - October 28th

Creations  
by KARA

## Monday

Broiled Tilapia

Green Beans Almondine

## Tuesday

Crescent Roll Taco Bake

## Wednesday

Chicken Biscuit Casserole

## Thursday

Chicken Gnocchi Soup

## Friday

DATE NIGHT

## Weekend

Shepherd's Pie

## Dessert

Oatmeal Cake

## Pro Tips:

-You can use water and chicken bouillon in place of the chicken broth

-You can use instant mashed potatoes instead of homemade for the shepherd's pie.

-You can use half milk/half heavy cream for the 1/2 & half.

## PRODUCE

green beans (1 pound)  
lemon (1-2, enough for 3 Tbsp juice)  
garlic (5 cloves)  
iceberg or romaine lettuce (2 cups)  
roma tomato (1 large)  
celery (5 stalks)  
onions (2)  
carrots (5 large)  
spinach (3 oz)  
russet potatoes (5-6)

## BREAD/GRAINS

gnocchi (16 oz)  
oats (1 cup)

## SEASONINGS

salt & pepper  
basil (1/4 tsp)  
seasoning salt (1/4 tsp)  
taco seasoning (2 Tbsp)  
dry minced onion (1 Tbsp)  
thyme (3/4 tsp)  
garlic powder (1/2 tsp)  
italian seasoning (1 tsp)  
paprika (1/4 tsp)  
ground cinnamon (1 tsp)  
nutmeg (1/4 tsp)

## CANNED GOODS

pillsbury crescent rolls (8 oz can)  
black beans (15 oz can)  
salsa (1 cup)  
chicken broth (1 cup)  
tomato soup (10.75 oz)  
green beans (15 oz)

## FROZEN

mixed veggies (2 cups)

## PANTRY ITEMS

all purpose flour (3 cups)  
baking powder (1 tsp)  
baking soda (1 1/4 tsp)  
granulated sugar (1 cup + 1/2 tsp)  
olive oil (1 1/2 Tbsp)  
brown sugar (1 1/2 cups)  
sweet flaked coconut (1 cup)  
vanilla extract (1/2 tsp)

## MEAT

tilapia fillets (5 4-5 oz each)  
lean ground beef (2 pounds)  
chicken breasts (4-5 large)

## DAIRY/EGGS

parmesan cheese (1/3 cup)  
salted butter (1 1/2 cups + 2 Tbsp)  
cheddar (2 1/2 cups shredded)  
pepper jack (3/4 cup shredded)  
milk (3 cup)  
buttermilk (1/2 cup)  
large eggs (2)  
half & half (1/4 cup)

## MISCELLANEOUS

mayonnaise (2 Tbsp)  
sliced almonds (1/3 cup)  
chicken base or bouillon (3 Tbsp)  
pecans (1/2 cup chopped)