

Menu Plan #1

This weekly meal plan includes 5 meals, 1 salad, 1 dessert, and side dish suggestions. Click on the link in this PDF to go directly to the online recipe.

Recipes

- Meal: [Peanut Chicken Pasta](#) (serve with this week's salad listed below)
- Meal: [Shepherd's Pie](#) (serve as is or with salad)
- Meal: [Baked Beans](#) (serve with steamed vegetables and buns)
- Meal: [Slow Cooker Meatballs](#) (serve with steamed veggies and mashed potatoes)
- Meal [Slow Cooker Taco Chicken](#) (serve with taco fixings: cheese, guacamole, tomatoes, lettuce, salsa...etc.)
- Salad: tossed salad with [ranch dressing](#)
- Dessert: [Caramel Sauce](#) with apple slices



Shopping List:

Meat:

- 4 chicken breasts
- 3 lbs ground beef
- 2 lbs dry navy beans

Produce:

- 2 red or green peppers
- 1 Tomato
- Carrots
- Broccoli
- 1 Green leaf Lettuce
- 2 Onions
- Garlic
- 15 medium potatoes
- Apples

Dairy:

- 1 egg
- Cheddar cheese
- Milk
- Butter
- Cream Cheese
- Vanilla Greek yogurt

Pantry Staples:

- Olive oil
- Honey
- Chicken broth
- Soy Sauce
- Peanut Butter
- Garlic Powder
- Ground Ginger
- 1 box of pasta
- Hot Pepper flakes (optional)
- Cornstarch
- Salt & Pepper
- Shepherd's Pie gravy mix
- Breadcrumbs
- Dried Oregano
- Dried Parsley
- Maple Syrup
- Dry Mustard
- Taco Seasoning
- Taco shells

- Ranch Dressing
- Brown sugar
- Vanilla
- 20 wrapped caramels

Frozen:

- 1 bag frozen mixed vegetables