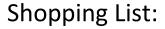
Menu Plan #1

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: <u>Peanut Chicken Pasta</u> (serve with this week's salad listed below)
- Meal: Shepherd's Pie (serve as is or with salad)
- Meal: <u>Baked Beans</u> (serve with steamed vegetables and
- buns)
- Meal: <u>Slow Cooker Meatballs</u> (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: <u>Caramel Sauce</u> with apple slices



Meat:

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

Produce:

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

Dairy:

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

Pantry Staples:

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

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

Frozen:

1 bag frozen mixed vegetables

