

# Menu Plan #9

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: [Maple Balsamic Glazed Pork Chops](#) (serve with mashed potatoes and steamed vegetables)
- Meal: [Honey Mustard Chicken and Potatoes](#)
- Meal: [Spaghetti](#) (serve with garlic toast and this week's salad)
- Meal: [Spaghetti Boats](#)
- Meal: [Grilled Thai Peanut Chicken Skewers](#) (serve with this week's salad and rice)
- Salad: [Best Sweet Coleslaw](#)
- Dessert: [Mini Blueberry No Bake Cheesecakes](#)



## Shopping List:

### Meat

- 4 bone-in, center cut pork chops
- 5 chicken thighs, bone in, skin on or off
- 1 pound ground beef
- 1 pound chicken tenders (or breasts)

### Produce:

- Zucchini (optional)
- Onion
- Carrots
- Broccoli
- Red Potatoes
- Green beans (optional)
- Garlic
- 1 bag coleslaw mix
- Fresh rosemary
- Fresh thyme

### Dairy:

- Butter
- Mozzarella cheese
- 1 brick of Cream cheese

### Pantry Staples:

- Salt
- Pepper
- Graham cracker crumbs
- Sugar
- 1 can Blueberry pie filling (or cherry)
- Mayonnaise
- Apple cider vinegar
- Celery seeds
- Soy sauce
- Peanut butter
- Lime juice
- Garlic powder
- 1 Loaf French bread
- 1 Loaf Garlic bread
- Olive oil
- Honey
- Wholegrain mustard
- Dijon mustard
- Maple syrup
- Balsamic vinegar
- Beef broth
- Rice
- 2 Jars pasta sauce

- Italian dressing
  - Italian seasoning
  - Dried Basil
  - Dried parsley
- Frozen:**
- 1 tub of Cool Whip