

Week 12
MEAL PLAN
March 25 - 31

MONDAY

Leftovers
-Salsa Verde, Rice & Beans

TUESDAY

Doritos Chicken Casserole
Tossed Salad

WEDNESDAY

Salisbury Steak
Mashed Potatoes
Brussels Sprouts

Start the slow cooker 3 hours before serving.

THURSDAY

Leftovers
-Doritos Casserole

FRIDAY

Salmon Patties
Rice Pilaf
Green Beans

Soak pinto bean overnight for tomorrow nights dinner.

SATURDAY

Carne Asada
Spanish Rice
Pinto Beans

Marinate the beef at least 2 hours before cooking.

SUNDAY

Kielbasa & Fried Potatoes
Cabbage
Buttered Carrots
Boston Cream Cake

SHOPPING LIST

Produce

1 salad bag
1 onion
4 lb potatoes, Russet
2 limes
garlic
1 cilantro
1 jalapeno
1 head cabbage
1 lb carrots

Meat

2 chicken breast
1 lb lean ground beef
2 lb flank steak or chuck
1 rope kielbasa
8 oz bacon

Frozen

1 lb Brussels sprouts
1 lb green beans
1 (8oz) cool whip

Refrigerated/Dairy

1 (8oz) sour cream
2 cups taco blend cheese
1 egg
1 small orange juice
8 oz heavy whipping cream

Canned

1 can cream of chicken soup
1 can cheddar cheese soup
1 can Rotel tomatoes
1 can corn
2 cup beef broth
1 (4oz) can mushrooms, sliced
1 (14.75oz) salmon
1 can pinto beans

Dry/Baking

1 pkg brown gravy mix
1 bx rice pilaf
1 bx Spanish rice
1 bx butter cake mix
2 bx vanilla pudding
12 oz chocolate chips

Bread/Bakery

1 pkg flour tortillas

Pantry

salad dressing
bread crumbs
salt
pepper
cornstarch
butter
milk
olive oil
white vinegar
vegetable oil

Miscellaneous

1 (9.75oz) Doritos