

Week 14
MEAL PLAN
April 8-14

MONDAY

**Three Bean Enchiladas
 Tossed Salad**

TUESDAY

**Leftovers
 -Meatloaf**

Soak pinto beans for tomorrow
 and Saturday's dinners.

WEDNESDAY

**Slow Cooker Carnitas
 Spanish Rice
 Refried Beans**

Carnitas will take 4 hours in the
 slow cooker.

THURSDAY

**Corn Dogs
 French Fries
 Coleslaw**

FRIDAY

**Leftovers
 -Three Bean Enchiladas**

SATURDAY

**Salsa Verde Pork Chops
 White Rice
 Caramelized Carrots**

SUNDAY

**Pork w/Mustard Sauce
 Mashed Potatoes
 Southern Green Beans
 Biscuits
 Brownies**

SHOPPING LIST

Produce

- 1 bag salad
- 1 pkg coleslaw mix
- 1 pound baby carrots
- 1 lb green beans

Pantry

- salad dressing
- salt
- chili powder
- ground cumin
- oregano
- onion
- garlic
- vegetable oil
- salsa

Meat

- 1 ½ lb pork, boneless
- 4 pork chops, boneless
- 5-6 lb pork shoulder

Frozen

- 1 pkg corn dogs (8)
- 1 pkg french fries

Refrigerated/Dairy

- 1 ½ cups cheddar cheese
- coleslaw sauce
- 1 pkg biscuits (8)

Canned

- 1 (15oz) kidney beans
- 1 (15oz) pinto beans
- 1 (15oz) navy beans
- 1 (10.75oz) cheddar soup
- 1 (10oz) enchilada sauce
- 1 (8oz) tomato sauce
- 1 can re-fried beans
- 1 ½ cups salsa verde

Dry/Baking

- 1 pkg Spanish rice
- 1 pkg brownie mix

Bread/Bakery

- 16 (6-inch) corn tortillas
- 12 (6-inch) flour tortillas

Miscellaneous

- olive oil
- black pepper
- kosher salt
- white rice
- butter
- Dijon mustard
- sage
- marjoram
- potatoes
- milk
- eggs