

Week 18
MEAL PLAN
 May 6 - 12

MONDAY
 Green Chili Enchiladas
 Pinto Beans
 Spanish Rice

TUESDAY
 Cheeseburger Casserole
 French Fries

WEDNESDAY
 Pressure Cooker
 Lemon Garlic Chicken
 Buttered Noodles
 Asparagus

Use leftovers for lunch

THURSDAY
 ~Leftovers~
 Cheeseburger Casserole
 French Fries

FRIDAY
 Blackened Tilapia
 Rice Pilaf
 Brussels Sprouts

Soak black beans for tomorrows dinner

SATURDAY
 Southwest Pork Loin
 Flour Tortillas
 Seasoned Black Beans
 Chips & Salsa

SUNDAY
 Pork Chops & Mushrooms
 Stuffing
 Green Beans
 Cinnamon Roll Cake

SHOPPING LIST

Produce

- 10 cups spinach leaves
- 1 bunch cilantro
- 1 head lettuce
- 1 lemon
- 1 lb asparagus
- 3/4 pound sliced mushrooms

Pantry

- olive oil
- onions
- garlic
- lime juice
- cumin
- chili powder
- salt and pepper
- ketchup
- mustard
- potatoes
- vegetable oil
- corn starch
- garlic powder
- butter
- Italian seasoning
- creole seasoning
- paprika
- taco seasoning
- cayenne pepper
- salsa
- white pepper
- tarragon
- flour
- sugar
- baking powder
- milk
- eggs
- vanilla
- brown sugar
- cinnamon
- powdered sugar

Meat

- 1 pound ground beef
- 8 chicken thighs, boneless
- 2 pound pork loin
- 4 pork loin chops, boneless

Frozen

- 1 lb tilapia fillets
- 1 lb Brussels sprouts
- 1 lb green beans

Refrigerated/Dairy

- 1 sm sour cream
- 8 oz Monterey Jack cheese
- 16 oz cheddar cheese
- 1 pkg biscuits
- 4 oz chicken broth
- heavy cream

Canned

- 1 can (4.5oz) green chiles
- 20oz green enchilada sauce
- 1 can (15oz) pinto beans
- 1 sm dill pickles or relish
- 1 can (16oz) black beans

Dry/Baking

- 1 pkg Spanish rice
- 8 oz egg noodles
- 1 box rice pilaf
- 1 box stuffing

Bread/Bakery

- 16 flour tortillas (10")

Miscellaneous

- tortilla chips
- dry white wine