

Week 4

Meal Plan

January 27 -
February 2

Monday

Mac & Cheese
Broccoli

D

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B

NOTES

Shopping List

PRODUCE

2 _____ onions
4 _____ potatoes, med
6 _____ green onions
1 bag _____ salad
4 _____ garlic cloves
4 _____ avocados

MEAT

1½ lb _____ pork loin
1 pk _____ smokie links
12 oz _____ bacon
1 lb _____ chicken breast

REFRIGERATED

1 _____ butter, stick
2 cup _____ cheddar cheese
1½ C _____ Monterey Jack
3 _____ eggs
1½ C _____ sour cream
1 C _____ half and half
4 C _____ milk
¼ C _____ Parmesan cheese

FROZEN FOOD

1 pk _____ broccoli
1 pk _____ garlic toast
24 oz _____ salmon
1 pk _____ Brussels sprouts

BAKERY

1 loaf _____ Artisan bread
8 _____ flour tortillas

CANNED FOOD

1 can _____ cheese soup
16 oz _____ Alfredo sauce

DRY FOOD

2 C _____ elbow macaroni
16 oz _____ egg noodles
1 box _____ rice pilaf

BAKING

PANTRY ITEMS

_____ salt
_____ pepper
_____ dry mustard
_____ nutmeg
_____ chili powder
_____ cumin
_____ oregano
_____ minced onions
_____ garlic powder
_____ flour
_____ vegetable oil
_____ lard
_____ honey
_____ lemon
_____ salad dressing

MISCELLANEOUS

Tuesday

Leftovers

D

L

B

NOTES

Prepare the dough for the Artisan bread.

Wednesday

Loaded Potato Soup
Artisan Bread

D

L

B

NOTES

Thursday

Chicken Alfredo
Salad
Garlic Bread

D

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B

NOTES

Friday

Leftover

D

L

B

NOTES

Saturday

Honey Garlic Salmon
Rice Pilaf
Brussels Sprouts

D

L

B

NOTES

Soak black beans overnight

Sunday

Slow Cooker Carnitas
Flour Tortillas
Seasoned Black Beans
Chips & Guacamole

D

L

B

NOTES

The pork will take 4 hours in the slow cooker, start it early.