

Week 2  
**Meal Plan**  
 January  
 13-19

*Sunday*

D

Pot Roast  
 Potatoes & Carrots  
 Rolls  
 Apple Flautas w/Caramel Sauce

L

B

NOTES

Soak pinto beans overnight.

*Shopping List*

**PRODUCE**

8 carrots  
 5lb potatoes  
 7 med apples, granny smith  
 1 lemon  
 1lb green beans  
 13 garlic cloves  
 3 onions  
 4 cup kale  
 1 bag salad  
 1 bell pepper

**DRY FOOD**

2 lb pinto beans, dry  
 8 oz egg noodles  
 1 pk fajita seasoning  
 1 bx Spanish rice

**BAKING**

1 pk dry active yeast  
 1 bx Jiffy cornbread mix

**PANTRY ITEMS**

\_\_\_\_\_ salt  
 \_\_\_\_\_ black pepper  
 \_\_\_\_\_ white pepper  
 \_\_\_\_\_ olive oil  
 \_\_\_\_\_ vegetable oil  
 \_\_\_\_\_ lard  
 \_\_\_\_\_ balsamic vinegar  
 \_\_\_\_\_ flour  
 \_\_\_\_\_ sugar  
 \_\_\_\_\_ brown sugar  
 \_\_\_\_\_ cinnamon  
 \_\_\_\_\_ nutmeg  
 \_\_\_\_\_ cumin  
 \_\_\_\_\_ salad dressing

**MEAT**

2½ lb chuck roast  
 3lb chicken breast  
 2lb Italian sausage  
 1lb ground beef

**REFRIGERATED**

\_\_\_\_\_ milk  
 1pk butter  
 2 eggs  
 2½ c heavy whip cream  
 \_\_\_\_\_ butter spread  
 1 can biscuits

**FROZEN FOOD**

1 pk broccoli

**MISCELLANEOUS**

**BAKERY**

20 flour tortillas, small  
 1 loaf Italian bread

**CANNED FOOD**

2 cup beef stock  
 2 cup chicken broth  
 1 corn  
 1 Rotel tomato  
 1 tomatoes, diced

*Monday*

Pinto Beans  
 Garlic Green Beans  
 Cornbread

D

L

B

NOTES

Freeze leftover beans in 2 cup portions.  
 Reserve 2 cups for dinner on Saturday.

*Tuesday*

Peppered Chicken  
 Buttered Garlic Noodles  
 Steamed Broccoli

D

L

B

NOTES

*Wednesday*

Leftovers

D

L

B

NOTES

*Thursday*

Zuppa Toscana Soup  
 Salad  
 Italian Bread

D

L

B

NOTES

Use any leftover Italian bread to make  
 french toast for breakfast or serve with  
 another dinner.

*Friday*

Poor Man's Hash  
 Biscuits

D

L

B

NOTES

*Saturday*

Chicken Fajitas  
 Re-fried beans  
 Spanish rice

D

L

B

NOTES

Use 2 cups of beans that you froze on  
 Monday.