

# Week 3 Meal Plan

January  
20-26

## Sunday

Whole Roasted Chicken  
Mashed Potatoes  
Corn  
Biscuits  
Lava Cakes

*D*  
*L*  
*B*

NOTES  
Reserve 3 cups of chicken for Tuesdays  
Chicken Bake

## Shopping List

<b>PRODUCE</b>	<b>DRY FOOD</b>
<u>4 med</u> onions	<u>1 bag</u> tortilla chips
<u>5 lb</u> potatoes, russet	
<u>1</u> cabbage	<b>PANTRY ITEMS</b>
<u>1</u> red cabbage	_____ flour
<u>2</u> jalapeno	_____ salt
_____ green onions	_____ pepper
_____ cilantro	_____ baking mix
<u>2</u> oranges	_____ olive oil
_____ garlic	_____ paprika
<u>1</u> bell pepper	_____ garlic powder
<u>1 bag</u> salad	_____ chili powder
<u>1</u> carrot	_____ kosher salt
	_____ onion powder
	_____ vanilla extract
	_____ ketchup
<b>MEAT</b>	_____ mustard
<u>6 lb</u> chicken, whole	_____ mayonnaise
<u>1 pk</u> hot dogs	_____ white vinegar
<u>1 pk</u> pepperoni slices	_____ lemon juice
<u>1 lb</u> ground beef	_____ hot sauce
<b>REFRIGERATED</b>	_____ cumin
<u>1 pk</u> butter	_____ powdered sugar
<u>8oz</u> heavy cream	_____ Worcestershire sauce
<u>6</u> eggs	_____ pickles
<u>1 cup</u> cheddar cheese	_____ cornstarch
<u>1</u> sour cream	_____ cooking spray
<u>2 cup</u> mozzarella	_____ wheat flour
_____ milk	_____ Italian seasoning
<b>FROZEN FOOD</b>	_____ salad dressing
<u>2 pk</u> California Veg	_____ vegetable oil
<u>1 pk</u> puff pastry	_____ lime juice
<u>1 pk</u> corn	_____ sugar
<u>32</u> fish sticks	_____ brown sugar
<b>BAKERY</b>	<b>MISCELLANEOUS</b>
<u>1 pk</u> hot dog buns	_____
<u>1 pk</u> hamburger buns	_____
<u>16</u> corn tortillas	_____
<b>CANNED FOOD</b>	_____
<u>3 cup</u> chicken broth	_____
<u>1 can</u> hot dog chili	_____
<u>1 can</u> baked beans	_____
<u>15oz</u> diced tomatoes	_____
<u>10oz</u> Rotel w/gr chile	_____
<u>23oz</u> tomato sauce	_____
<b>BAKING</b>	_____
<u>12oz</u> chocolate chips	_____
<u>1 pk</u> yeast	_____

## Monday

Hot Dogs  
Baked Beans  
Coleslaw

*D*  
*L*  
*B*

NOTES

## Tuesday

Chicken Bake

*D*  
*L*  
*B*

NOTES

## Wednesday

Sloppy Joes  
French Fries  
Apple Slices

*D*  
*L*  
*B*

NOTES

## Thursday

Leftovers

*D*  
*L*  
*B*

NOTES

## Friday

Pizza  
Salad

*D*  
*L*  
*B*

NOTES

## Saturday

Fish Tacos  
Mexican Coleslaw  
Pinto Beans  
Chips & Salsa  
Orange Slices

*D*  
*L*  
*B*

NOTES  
Use pinto beans that you froze from last week.