

Week 5 Meal Plan

February
3-9

Monday

Cheese Enchiladas
Re-fried Beans
Spanish Rice
Orange Slices

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B

NOTES

Shopping List

PRODUCE	DRY FOOD
_____ green onions	1 bx Spanish rice
3 _____ oranges	1 lb bow tie pasta
1 _____ kale, bunch	_____
6 _____ apples	_____
2 _____ salad bag	_____
5 lb _____ potatoes	BAKING
2 _____ onion	1/2 c pecans
1 lb _____ broccoli	_____
_____ ginger	_____
_____ garlic	_____
1 lb _____ cranberries	PANTRY ITEMS
MEAT	_____ bread crumbs
1 lb ground beef	_____ olive oil
2 lb chicken breast	_____ salt
2 lb pork tenderloin	_____ salad dressing
1 lb sweet sausage	_____ vegetable oil
4 _____ pork chops	_____ corn starch
REFRIGERATED	_____ cooking spray
20 oz cheddar, shred	_____ pickle spears
_____ sour cream	_____ soy sauce
1 _____ egg	_____ honey
4 _____ mozzarella slices	_____ sesame oil
1 pkg pie crust	_____ sriracha
8 oz heavy cream	_____ butter
_____ Parmesan cheese	_____ milk
FROZEN FOOD	_____ lemon juice
1 _____ mixed veggies	_____ sugar
1 lb garlic toast	_____ brown sugar
BAKERY	_____ cinnamon
8 _____ flour tortilla (10")	_____ flour
4 _____ sub rolls	_____ baking powder
8 _____ hamburger buns	_____ baking soda
CANNED FOOD	_____ shortening
20 oz _____ enchilada sauce	_____
1 _____ refried beans	_____
1 _____ marinara sauce	_____
1 _____ chicken gravy jar	_____
1 _____ bbq sauce	_____
1 _____ corn	_____

Tuesday

Meatball Subs
Kale Chips
Apples

D
L
B

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Wednesday

Leftovers

D
L
B

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Thursday

Chicken Pot Pie
Salad

D
L
B

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Friday

SC Pulled Pork Sandwiches
French Fries
Pickles

D
L
B

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Saturday

Italian Chicken Bow Tie Pasta
Garlic Toast
Salad

D
L
B

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Sunday

Korean Style Pork Chops
Mashed Potatoes
Corn
Fried Apples
Cranberry Nut Bread

D
L
B

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