Week 6 Meal Plan

February 10-16

Monday

D: Broccoli & Cheese Potatoes, Cottage Cheese, Orange Slices

L:

B:

NOTES:

Tuesday

D: Chicken & Dumplings, Cucumber slices

L:

B:

NOTES:

Wednesday

D: Leftovers

L:

B:

NOTES:

Thursday

D: Fried Eggs, Sausage, Toast

L:

B:

NOTES:

Friday

D: Crispy Baked Tilapia, Couscous, Brussels Sprouts

L:

B:

NOTES: Marinate chicken for tomorrow nights dinner

Saturday

D: Fiesta Lime Chicken, Cilantro Lime Rice, Caramelized Cumin Carrots

L:

B:

NOTES:

Sunday

D: Meatloaf, Mashed Potatoes, Corn, No-Bake Cherry Cheesecake

L:

B:

NOTES:

Shopping List

PRODUCE

1	jalapeno
4	garlic cloves
	cilantro
2 lb	baby carrots
4 lb	Russet potatoes
2	oranges
	celery
2	onion

MEAT

3 lb	chicken breasts
2.5 lb	ground beef

REFRIGERATED

2 cup	cheddar cheese
1	cottage cheese
1 dz	eggs
1 pkg	breakfast sausage
8 oz	cream cheese
1 cup	sour cream

FROZEN FOOD

2pkg	broccoli
1 lb	tilapia
1 pkg	Brussels sprouts
8 oz	cool whip

BAKERY

1 loaf	bread

CANNED FOOD

4 C	chicken broth
2 can	corn

DRY FOOD

1	Parmesan cheese
1	couscous
	saltine crackers

BAKING

1	graham cracker crust
1	cherry pie filling

PANTRY ITEMS

- lime juice
- kosher salt
- olive oil
- cooking spray
- cumin
- flour
- panko
- salt
- butter
- poultry seasoning
- onion powder
- garlic powder
- parsley
- milk
- ketchup
- sugar
- vanilla
- lemon juice

MISCELLANEOUS