Week 7 Meal Plan

February 17-23

Monday

Slow Cooker Stuffed Shells
Garlic Toast

D

L

B

NOTES: Start the meal in the slow cooker 4-8 hours before serving. Refrigerate and serve leftovers Wednesday.

Tuesday

Chicken Noodle Casserole
Fruit Cocktail

D

L

B

NOTES: Refrigerate and serve leftovers Friday

Wednesday

Leftovers
Slow Cooker Stuffed Shells
Salad

D

L

B

NOTES: Soak pinto beans overnight if you aren't using the canned re-fried beans.

Thursday

Bean & Cheese Burritos
Spanish Rice
Orange Slices

D

L

B

NOTES

Friday

Leftovers
Chicken Noodle Casserole
Biscuits

D

L

B

NOTES

Saturday

Slow Cooker Onion Pork Tenderloin
Garlic Butter Quinoa
Parmesan Zucchini

D

L

B

NOTES: Start the tenderloin in the slow cooker 4-5 hours before serving.

Sunday

Eye of Round Roast
Mashed Potatoes
Buttered Asparagus
Biscuits

D

L

B

NOTES

Shopping List

PRODUCE

1	garlic, head
1 bag	salad*
4	oranges
1	onion
4	zucchini
6 sm	Russet potatoes
36	asparagus spear*

MEAT

1 lb	chicken breast
2 lb	pork tenderloin
3 lb	beef roast

REFRIGERATED

12oz	ricotta cheese*
2 C	mozzarella cheese
6oz	Parmesan cheese
2 can	biscuits*
8oz	cream cheese
	eggs

FROZEN FOOD

1 pkg	spinach
1 pkg	garlic toast*
1 bag	CA veg medley
8oz	corn

BAKERY

1 pkg	flour tortillas (8)*

CANNED FOOD

2	marinara sauce*
1 can	cream of chicken*
1 lg	fruit cocktail
2 can	Re-fried beans*
24 oz	chicken stock*

DRY FOOD

28	jumbo pasta shells
16oz	egg noodles
1	Ritz crackers
1 pkg	Spanish rice
1 box	German choc cake

BAKING

1 C	coconut, flaked
1 C	pecans, chopped

PANTRY ITEMS

	Italian seasoning
	olive oil
	salad dressing*
	milk
	soy sauce
	dried onion flakes
	beef bouillon
	onion powder
	black pepper
	quinoa
	garlic powder
	kosher salt
	butter
	confectioners sugar
	vanilla extract
	vegetable oil

MISCELLANEOUS

¾ C	red wine*