

Week 13
MEAL PLAN
April 1 - 7

MONDAY

**Eggplant Parmesan
Garlic Toast
Tossed Salad**

TUESDAY

**Honey Sesame Chicken
Chicken Rice
Buttered Carrots**

WEDNESDAY

**Leftovers
-Eggplant Parmesan**

THURSDAY

**Spaghetti
Garlic Toast
Tossed Salad**

FRIDAY

**Shrimp & Asparagus Pasta
Biscuits**

SATURDAY

**Teriyaki Chicken
White Rice
Asian Green Beans**

SUNDAY

**Meatloaf
Mashed Potatoes
Corn
Biscuits
Caramel Apple Bars**

SHOPPING LIST

Produce

3 eggplants
3 salad bag
1 bunch green onions
1 lb baby carrots
1 sweet red pepper
1 sweet orange pepper
1 lb asparagus
1 lb green beans
3 granny smith apples

Meat

2 lb chicken breasts, boneless
2 ½ lb ground beef
2 lb chicken thighs

Frozen

3 pkg garlic toast
1 lb shrimp
1 pkg corn

Refrigerated/Dairy

16 oz mozzarella cheese
1 ½ cup Parmesan cheese
2 biscuits (8)
1 cup cheddar cheese, shred
3 pkg cream cheese

Canned

3 jars spaghetti sauce
1 sm sesame oil
1 teriyaki sauce

Dry/Baking

1 bx chicken rice
1 bx saltine crackers

Bread/Bakery

Pantry

cornstarch
flour
brown sugar
sugar
vanilla extract
vegetable oil
olive oil
salt
black pepper
sesame seeds
cinnamon
nutmeg
red pepper flakes
basil, dried
salad dressing
soy sauce
ketchup
honey
bread crumbs
spaghetti noodles
angel hair pasta
white rice
eggs
milk
butter
onions
garlic
potatoes

Miscellaneous