Week 17 MEAL PLAN

April 29 - May 5

MONDAY

Mushroom & Garlic Spaghetti
Tossed Salad
Garlic Toast

Soak black beans for tomorrows dinner

TUESDAY

Fiesta Chicken Casserole
Flour Tortillas

Use leftover chicken from Sunday's dinner

WEDNESDAY

Slow Cooker
Honey Garlic Chicken
White Rice
Oriental Vegetable Blend

Use leftovers for lunch

THURSDAY

~Leftovers~
Fiesta Chicken Casserole

FRIDAY

Beef & Broccoli Bowls
Egg Rolls

Marinate chicken for tomorrows dinner

SATURDAY

Thai Grilled Chicken
Potato Salad
Asparagus

SUNDAY

Florentine Chicken Medallions
Brown Rice
Squash
Earthquake Cake

Soak pinto beans for tomorrows dinner

SHOPPING LIST

Produce
- 1 lb Cremini mushrooms
- 1 head garlic
- parsley
- 1 bag salad
- 1 head broccoli
- ginger
- lemon grass
- asparagus
- 1 lb squash
- 2 cups spinach

Meat
- 4 chicken breasts
- 12 chicken thighs
- 1 lb flank steak

Frozen
- 1 pkg garlic toast (8)
- 1 pkg oriental vegetables
- 1 pkg egg rolls (4)

Refrigerated/Dairy
- ¼ lb Pecorino Romano cheese
- 8oz sour cream
- 8oz cheddar cheese, shredded
- 4 oz mozzarella cheese, shred
- 1 (8oz) cream cheese

Canned
- 1 (8oz) jar salsa
- 1 (15oz) corn
- 1 (15oz) black beans
- 1 sm jar Thai sweet chili sauce

Dry/Baking
- 16 oz spaghetti noodles
- 16 oz Rotini (spiral) pasta
- 1 bx German Choc Cake Mix

Bread/Bakery
- 1 pkg flour tortillas (8)

Pantry
- peppercorns
- red pepper flakes
- butter, unsalted
- kosher salt
- olive oil
- salad dressing
- garlic powder
- onion powder
- cumin
- garlic cloves
- honey
- ketchup
- soy sauce
- oregano
- sesame seeds
- white rice
- chicken stock
- rice vinegar
- ground ginger
- cornstarch
- hot sauce
- salt
- pepper
- potatoes
- mayonnaise
- mustard
- onion
- celery
- eggs
- paprika
- brown rice
- brown sugar
- coconut
- pecans
- confectioners sugar
- vanilla

Miscellaneous