

**Week 21**  
**MEAL PLAN**  
 May 27 - June 2

**TUESDAY**

**Zeayla Casserole**  
**Tossed Salad**

**THURSDAY**

**Pressure Cooker**  
**Mexican Pulled Pork**  
**Seasoned Black Beans**  
**Corn**

Soak pinto beans for tomorrows dinner

**SATURDAY**

**~Leftovers~**  
**Mexican Pulled Pork**

Brine chicken for Sunday dinner

**MONDAY**

**~Memorial Day~**  
**Hamburgers**  
**Corn Salad**  
**Baked Beans**  
**Chips**  
**Lemon Cheesecake Bars**

**WEDNESDAY**

**~Leftovers~**  
**Mushroom & Spinach Lasagna**  
**Zeayla**  
**Tossed Salad**

Soak black beans for tomorrows dinner

**FRIDAY**

**Beefy Flat Bread**  
**Spanish Rice**

**SUNDAY**

**Brined Chicken**  
**Mashed Potatoes**  
**Corn**  
**Pineapple Delight**

**SHOPPING LIST**

**Produce**

1 bunch green onions  
 1 lemon  
 2 zucchini  
 1 red sweet pepper  
 1 orange sweet pepper  
 1 bag salad  
 cabbage  
 cilantro  
 lettuce

**Meat**

3 ½ pound ground beef  
 1 pkg bacon  
 1 Smithfield pork carnitas  
 5 lb chicken, whole

**Frozen**

2 pkg corn  
 2 cups whipped cream

**Refrigerated/Dairy**

2 pkg (8oz) cream cheese  
 1 can refrigerated biscuits (8)

**Canned**

1 can pineapple, crushed

**Dry/Baking**

1 pkg taco seasoning  
 1 box Spanish rice

**Bread/Bakery**

4 hamburger buns  
 1 pkg corn tortillas

**Pantry**

American cheese  
 mayonnaise  
 mustard  
 ketchup  
 pickle slices  
 2 cans corn  
 celery  
 milk  
 sugar  
 1 lg can baked beans  
 cooking spray  
 butter, salted & unsalted  
 vanilla extract  
 eggs  
 3 onion  
 Italian seasoning  
 salt  
 pepper  
 potatoes  
 panko bread crumbs  
 Parmesan cheese  
 salad dressing  
 chicken broth  
 cheddar cheese, shredded  
 1 can (16oz) black beans  
 garlic  
 cayenne pepper  
 1 can refried beans  
 vegetable oil  
 sage  
 celery seed  
 thyme  
 kosher salt  
 soy sauce  
 season salt  
 powdered sugar

**Miscellaneous**

1 bag potato chips  
 1 box graham crackers