

Week 22
MEAL PLAN

MONDAY
Avocado Grilled Cheese
~Tossed Salad~

TUESDAY
Cheesy Chicken Enchiladas
Spanish Rice
Seasoned Black Beans

Use leftover chicken from
Sunday's dinner

WEDNESDAY
Pressure Cooker
Ranch Pork Chops
Stuffing
Cauliflower

THURSDAY
-Leftovers-
Cheesy Chicken Enchiladas
Ranch Chops

FRIDAY
Honey Ginger Glazed Salmon
Rice Pilaf
Broccoli

SATURDAY
Hawaiian Hot Dogs
w/Grilled Pineapple
Chips
Baked Beans

SUNDAY
Southern Fried Chicken
w/Gravy
Mashed Potatoes
Corn
Biscuits
Rocky Road Parfaits

SHOPPING LIST

Produce

- 1 salad bag
- 4 avocados
- 1 bunch cilantro
- cauliflower
- ginger
- chives
- mangoes
- pineapple
- 2 lb potatoes

Meat

- 2 lb boneless chicken breasts
- 6 boneless pork chops
- 1 pkg hot dogs
- 2 lb chicken legs or thighs

Frozen

- 2 lb salmon filets
- 1 pkg broccoli florets
- 1 pkg sweet corn
- 1 tub whipped topping

Refrigerated/Dairy

- 8 slices pepper jack cheese
- 8 oz sour cream
- 8 oz Monterey jack cheese
- 1 pkg biscuits

Canned

- 1 canned baked beans

Dry/Baking

- 1 bx Spanish rice
- 1 bx stuffing mix
- 1 bx rice pilaf
- 1 pkg chocolate pudding

Bread/Bakery

- 1 loaf bread
- 6 large flour tortillas
- 1 pkg hot dog buns

Pantry

- salad dressing
- lime juice
- kosher salt
- black pepper
- butter
- salsa/picante
- cream of chicken soup
- chili powder
- coconut oil
- ranch seasoning mix
- diced tomatoes
- black beans
- onions
- garlic
- cayenne pepper
- honey
- soy sauce
- garlic powder
- vegetable oil
- All-purpose flour
- milk
- chicken stock

Miscellaneous

- 1 bag chips
- unsalted peanuts
- mini marshmallow