

Weekly Meal Plan

This weekly meal plan is designed to help you with your dinner plans.
But you could always join me for breakfast on Saturday!

DAY	DINNER	SERVE WITH / NOTE
Sunday	Spinach Stuffed Shells + Brownie Sundaes	Roasted carrots & green beans on the side; box brownies with a little trick
Monday	Homemade Biscuits & Sausage Gravy	Serve with bacon and a fruit salad
Tuesday	Crispy Fried Tortilla Tacos (Two Ways)	Fry corn tortillas into shells, or use flour tortillas — your call
Wednesday	Leftovers	
Thursday	Mediterranean Turkey Meatloaf	Mashed potatoes and corn on the cob
Friday	Homemade Pizza Night	Regular crust, whole wheat crust, and taco pizza — build your own
Saturday		

Stephanie's Baker's Dozen — Always Assumed In Your Pantry

These 13 staples are not listed in the shopping list. Keep them stocked and you're always ready to cook.

Flour, Sugar, Brown Sugar, Quick Oats, Olive Oil, Butter, Garlic
Salt, Pepper, Baking Powder, Milk, Eggs, Avocado/Veg Oil

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

■ Sunday —

Stuffed Shells + Brownie Sundaes

- ☐ Jumbo pasta shells, 1 box
- ☐ Whole milk ricotta, 15 oz
- ☐ Shredded mozzarella, 4 cups
- ☐ Grated parmesan cheese, 1/2 cup
- ☐ Fresh spinach, 10 oz
- ☐ Marinara or spaghetti sauce
- ☐ Italian seasoning / onion powder
- ☐ Fresh green beans + carrots
- ☐ Kinder's The Blend seasoning
- ☐ Brownie mix
- ☐ Semi-sweet chocolate chips
- ☐ Hershey's chocolate syrup
- ☐ Vanilla ice cream

■ Monday —

Biscuits & Sausage Gravy

- ☐ Breakfast sausage, 1 lb
- ☐ Bacon
- ☐ Cream of tartar (biscuits)
- ☐ Shortening (biscuits)
- ☐ Canned biscuits, optional
- ☐ Fresh fruit (fruit salad)

■ Tuesday —

Crispy Fried Tortilla Tacos

- ☐ Ground beef, 1–2 lb
- ☐ Corn tortillas (frying into shells)
- ☐ Flour tortillas (alternative)
- ☐ Taco seasoning
- ☐ Shredded cheddar
- ☐ Sour cream
- ☐ Salsa
- ☐ Lettuce, tomato, avocado as desired

■ Thursday —

Mediterranean Turkey Meatloaf

- ☐ Ground turkey, 2 lb
- ☐ Russet potatoes, 6–8
- ☐ Corn on the cob
- ☐ Half & half or heavy cream
- ☐ Italian seasoning / oregano
- ☐ Onion powder
- ☐ Worcestershire sauce

■ Friday —

Homemade Pizza Night

- ☐ Ground beef (taco pizza)
- ☐ Pepperoni, optional
- ☐ Yellow onion (1)
- ☐ Shredded mozzarella
- ☐ Shredded cheddar (taco pizza)
- ☐ Tomato sauce, 1 can
- ☐ Salsa (taco pizza base)
- ☐ Italian seasoning / taco seasoning
- ☐ Active dry or instant yeast
- ☐ Whole wheat flour (Jason's crust)
- ☐ Doritos (taco pizza topping)
- ☐ Black olives, optional

Complete Shopping List

■ Meat & Proteins

- ☐ Breakfast sausage, 1 lb (biscuits & gravy)
- ☐ Bacon (Monday side)
- ☐ Ground beef, 2 lb (tacos + taco pizza)
- ☐ Ground turkey, 2 lb (meatloaf)
- ☐ Pepperoni, optional (pizza)

■ Produce & Fresh

- ☐ Fresh spinach, 10 oz (stuffed shells)
- ☐ Fresh green beans, 1 bag (Sunday side)
- ☐ Whole carrots, 1 lb (Sunday side)
- ☐ Corn on the cob (Thursday side)
- ☐ Russet potatoes, 6–8 (mashed potatoes)
- ☐ Yellow onion (1) (pizza)
- ☐ Fresh fruit for fruit salad (Monday)
- ☐ Taco toppings: lettuce, tomato, avocado as desired

■ Dairy & Refrigerated

- ☐ Whole milk ricotta, 15 oz (stuffed shells)
- ☐ Shredded mozzarella, 6–8 cups (stuffed shells + pizzas)
- ☐ Shredded cheddar, 1–2 cups (tacos + taco pizza)
- ☐ Grated parmesan cheese, 1/2 cup (stuffed shells)
- ☐ Half & half or heavy cream (mashed potatoes)
- ☐ Sour cream (tacos)
- ☐ Canned biscuits, optional (no-bake biscuit option for Monday)

■ Pantry

- ☐ Jumbo pasta shells, 1 box (stuffed shells)
- ☐ Marinara or spaghetti sauce, 1 jar (stuffed shells + pizza)
- ☐ Tomato sauce, 1 can (regular pizza)
- ☐ Salsa (taco pizza base + Tuesday)
- ☐ Brownie mix (Sunday dessert)
- ☐ Semi-sweet chocolate chips (brownie trick)
- ☐ Hershey's chocolate syrup (sundaes)
- ☐ Italian seasoning / oregano / basil
- ☐ Onion powder (stuffed shells + meatloaf)
- ☐ Worcestershire sauce (meatloaf)
- ☐ Kinder's The Blend seasoning (Sunday side)
- ☐ Corn tortillas (Tuesday taco shells, fried)
- ☐ Flour tortillas (Tuesday taco option)
- ☐ Taco seasoning (tacos + taco pizza)
- ☐ Cream of tartar (homemade biscuits)
- ☐ Shortening (homemade biscuits)
- ☐ Active dry or instant yeast (pizza dough)
- ☐ Whole wheat flour (Jason's whole wheat crust)
- ☐ Doritos (taco pizza topping)
- ☐ Black olives, optional (pizza)

■ Frozen

- ☐ Vanilla ice cream (brownie sundaes)

Other items:

Do you need to restock any of the items in Stephanie's Baker's Dozen?

These staples aren't in the list above — check your pantry and add what you need:

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|--------------------------------|---------------------------------|--|-------------------------------------|------------------------------------|--|---------------------------------|
| ☐ Flour | ☐ Sugar | ☐ Brown Sugar | ☐ Quick Oats | ☐ Olive Oil | ☐ Butter | ☐ Garlic |
| ☐ Salt | ☐ Pepper | ☐ Baking Powder | ☐ Milk | ☐ Eggs | ☐ Avocado/Veg Oil | |