

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!

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five recipes →



DAY	DINNER	SERVE WITH / NOTE
Sunday	Poppy Seed Chicken + Pound Cake	Honey garlic carrots, rolls, rice
Monday	Spinach Artichoke Tortellini	Garlic bread
Tuesday	BBQ Chicken Legs	Campfire potatoes, corn on the cob
Wednesday	Leftovers	
Thursday	Viral Sushi Bake	Build-your-own with seaweed snacks
Friday	Daddy's Crockpot Chili	Cornbread
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

■ Sunday —

Poppy Seed Chicken + Cake

- ☐ Chicken breast, 1–2 lb
- ☐ Whole carrots, 1 lb
- ☐ Sour cream
- ☐ Shredded sharp cheddar
- ☐ Buttermilk
- ☐ Cream cheese, 8 oz
- ☐ Cream of chicken soup
- ☐ Cream of celery soup
- ☐ Poppy seed
- ☐ Ritz crackers
- ☐ Honey
- ☐ Soy sauce
- ☐ Kinder's The Blend
- ☐ Vanilla extract
- ☐ Pecan halves
- ☐ Powdered sugar
- ☐ Maple syrup
- ☐ Jasmine rice
- ☐ Sweet Hawaiian rolls

■ Monday —

Spinach Artichoke Tortellini

- ☐ Yellow onion
- ☐ Baby spinach, bagged
- ☐ Lemon (1)
- ☐ Boursin Garlic & Herb
- ☐ Shredded Parmesan
- ☐ Artichoke hearts, canned

- ☐ Chicken broth

- ☐ Kinder's Garlic & Herb
- ☐ Frozen cheese tortellini
- ☐ Garlic bread

■ Tuesday —

BBQ Chicken Legs

- ☐ Chicken drumsticks, 3–4 lb
- ☐ Russet potatoes (5–6)
- ☐ Yellow onion
- ☐ Corn on the cob (4–6 ears)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Kinder's BBQ sauce
- ☐ Kinder's The Blend

■ Thursday —

Viral Sushi Bake

- ☐ Imitation crab, 1 lb
- ☐ Whole carrots, 1 lb
- ☐ Avocados (2)
- ☐ Cucumber (1)
- ☐ Green onions
- ☐ Cream cheese, 8 oz
- ☐ Sushi rice
- ☐ Seasoned rice vinegar
- ☐ Mirin
- ☐ Soy sauce
- ☐ Furikake

- ☐ Kewpie mayo

- ☐ Sriracha
- ☐ Roasted seaweed snacks
- ☐ Black sesame seeds

■ Friday —

Daddy's Crockpot Chili

- ☐ Ground beef, 2 lb
- ☐ Light red kidney beans
- ☐ Dark red kidney beans
- ☐ Tomato sauce
- ☐ Chili powder
- ☐ Ground cinnamon
- ☐ Better Than Bouillon beef
- ☐ Minced onion
- ☐ Jiffy corn muffin mix

Stephanie's Baker's Dozen

These 13 staples aren't 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

Complete Shopping List

■ Meat & Proteins

- ☐ Chicken breast, 1–2 lb
- ☐ Chicken drumsticks, 3–4 lb
- ☐ Imitation crab, 1 lb
- ☐ Ground beef, 2 lb

■ Produce & Fresh

- ☐ Whole carrots, 1 lb
- ☐ Russet potatoes (5–6)
- ☐ Yellow onions (2)
- ☐ Baby spinach, bagged
- ☐ Lemon (1)
- ☐ Corn on the cob (4–6 ears)
- ☐ Green onions
- ☐ Avocados (2)
- ☐ Cucumber (1)

■ Dairy & Refrigerated

- ☐ Sour cream
- ☐ Shredded sharp cheddar
- ☐ Buttermilk
- ☐ Cream cheese, 8 oz
- ☐ Boursin Garlic & Herb
- ☐ Shredded Parmesan

■ Bread & Grains

- ☐ Sweet Hawaiian rolls

■ Frozen

- ☐ Frozen cheese tortellini
- ☐ Garlic bread

■ Pantry Staples

- ☐ Cream of chicken soup
- ☐ Cream of celery soup
- ☐ Poppy seed
- ☐ Ritz crackers
- ☐ Honey

■ Pantry Staples (cont.)

- ☐ Soy sauce
- ☐ Kinder's The Blend
- ☐ Vanilla extract
- ☐ Pecan halves
- ☐ Powdered sugar
- ☐ Maple syrup
- ☐ Jasmine rice
- ☐ Artichoke hearts, canned
- ☐ Chicken broth
- ☐ Kinder's Garlic & Herb
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Kinder's BBQ sauce
- ☐ Sushi rice
- ☐ Seasoned rice vinegar
- ☐ Mirin
- ☐ Furikake
- ☐ Kewpie mayo
- ☐ Sriracha
- ☐ Roasted seaweed snacks
- ☐ Black sesame seeds
- ☐ Light red kidney beans
- ☐ Dark red kidney beans
- ☐ Tomato sauce
- ☐ Chili powder
- ☐ Ground cinnamon
- ☐ Better Than Bouillon beef
- ☐ Minced onion
- ☐ Jiffy corn muffin mix

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:

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