

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	Spiral Ham + Apple Berry Crisp	Mashed potatoes, green beans, Hawaiian rolls
Monday	Baked Spaghetti	Salad + garlic bread
Tuesday	Chicken & Shrimp Stir Fry	Over jasmine rice
Wednesday	Leftovers	
Thursday	Breakfast for Dinner	Tater tot casserole, pancakes & eggs
Friday	Make-Your-Own Nacho Night	Build-your-own toppings bar
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Ham Dinner + Apple Berry Crisp

- ☐ Spiral ham, 10–14 lb
- ☐ Russet potatoes, 5 lb
- ☐ Fresh chives
- ☐ Half & half
- ☐ Cream cheese
- ☐ Pineapple juice
- ☐ Whole cloves
- ☐ Canned green beans
- ☐ Soy sauce
- ☐ Garlic powder
- ☐ Apple pie filling
- ☐ Mixed berries, 2 cups
- ☐ Hawaiian rolls

► Monday —

Baked Spaghetti

- ☐ Ground beef, 1 lb
- ☐ Shredded lettuce
- ☐ Shredded mozzarella
- ☐ Spaghetti
- ☐ Chunky pasta sauce
- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Frozen garlic bread

► Tuesday —

Chicken & Shrimp Stir Fry

- ☐ Chicken breast, 1–2 lb
- ☐ Shrimp, 1 lb
- ☐ Yellow onions
- ☐ Shredded carrots
- ☐ Ginger paste
- ☐ Soy sauce
- ☐ Jasmine rice
- ☐ Stir-fry vegetables

► Thursday —

Breakfast for Dinner

- ☐ Pork sausage, 1 lb
- ☐ Sour cream
- ☐ Shredded sharp cheddar
- ☐ Cream of chicken soup
- ☐ Minced onion
- ☐ Garlic powder
- ☐ Pancake mix
- ☐ Tater tots

► Friday —

Make-Your-Own Nachos

- ☐ Ground beef, 1 lb
- ☐ Shredded sharp cheddar
- ☐ Sour cream
- ☐ Taco seasoning
- ☐ Tortilla chips
- ☐ Nacho cheese sauce
- ☐ Sliced black olives
- ☐ Refried beans

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

- ☐ Spiral-sliced ham, 10–14 lb
- ☐ Ground beef, 2 lb
- ☐ Chicken breast, 1–2 lb
- ☐ Shrimp, 1 lb
- ☐ Pork sausage, 1 lb

► Produce & Fresh

- ☐ Russet potatoes, 5 lb
- ☐ Fresh chives
- ☐ Mixed berries, 2 cups (fresh or frozen)
- ☐ Shredded lettuce
- ☐ Yellow onions
- ☐ Shredded carrots
- ☐ Ginger paste

► Dairy & Refrigerated

- ☐ Half & half
- ☐ Cream cheese
- ☐ Shredded mozzarella
- ☐ Sour cream
- ☐ Shredded sharp cheddar

► Bread & Grains

- ☐ Sweet Hawaiian dinner rolls

► Frozen

- ☐ Garlic bread
- ☐ Stir-fry vegetables
- ☐ Tater tots

► Pantry Staples

- ☐ Pineapple juice
- ☐ Whole cloves
- ☐ Canned cut green beans
- ☐ Soy sauce
- ☐ Garlic powder
- ☐ Apple pie filling
- ☐ Spaghetti
- ☐ Chunky pasta sauce
- ☐ Italian seasoning
- ☐ Jasmine rice
- ☐ Cream of chicken soup
- ☐ Minced onion
- ☐ Pancake mix
- ☐ Taco seasoning
- ☐ Tortilla chips
- ☐ Nacho cheese sauce
- ☐ Sliced black olives
- ☐ Refried beans

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 | |