

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	Daddy's Crockpot Chili + Cookie Bars	Cornbread, cheddar & Fritos on top
Monday	Beef and Broccoli Stir Fry	White rice
Tuesday	BBQ Chicken Legs	Campfire potatoes + corn on the cob
Wednesday	Leftovers	
Thursday	Creamy Beefy Shells	Bagged salad + garlic bread
Friday	Sheet Pan Quesadillas	Salsa, sour cream, guacamole, hot sauce
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Crockpot Chili + Cookie Bars

- ☐ Ground beef, 2 lb
- ☐ Chili seasoning mix (2 pkts)
- ☐ Tomato sauce, 15 oz can
- ☐ Better Than Bouillon beef base
- ☐ Light red kidney beans (2 cans)
- ☐ Dark red kidney beans (2 cans)
- ☐ Dried minced onion
- ☐ Chili powder
- ☐ Garlic powder
- ☐ Ground cinnamon
- ☐ Cornbread mix
- ☐ Shredded cheddar
- ☐ Fritos
- ☐ Vanilla
- ☐ Chocolate chips, 12 oz

► Monday —

Beef and Broccoli Stir Fry

- ☐ Top sirloin steak, 1 lb
- ☐ Broccoli, 3 cups
- ☐ Yellow onion (1)
- ☐ Green bell pepper (1)
- ☐ Shredded carrots, 1 cup
- ☐ Apple cider vinegar
- ☐ Soy sauce
- ☐ Cornstarch
- ☐ Sesame oil
- ☐ Ground ginger
- ☐ White rice

► Tuesday —

BBQ Chicken Legs + Potatoes

- ☐ Chicken drumsticks, 3–4 lb
- ☐ Russet potatoes, 4–5 large
- ☐ Yellow onion (1)
- ☐ Corn on the cob
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ BBQ sauce
- ☐ Olive oil (optional swap)

► Thursday —

Creamy Beefy Shells

- ☐ Ground beef, 1–2 lb
- ☐ Yellow onion (1/2)
- ☐ Bagged salad
- ☐ Heavy cream, 1/2 cup
- ☐ Shredded mozzarella
- ☐ Shredded Parmesan
- ☐ Medium shells, 16 oz
- ☐ Italian seasoning
- ☐ Spaghetti sauce (1 jar)
- ☐ Better Than Bouillon beef base
- ☐ Garlic powder
- ☐ Garlic bread (frozen)

► Friday —

Sheet Pan Quesadillas

- ☐ Chicken breasts, 2 lb
- ☐ Green bell pepper (1)
- ☐ Yellow onion (1)
- ☐ Shredded cheddar, 4 cups
- ☐ Sour cream
- ☐ Guacamole
- ☐ Sliced black olives (1 can)
- ☐ Taco seasoning (2 pkts)
- ☐ Burrito-size tortillas (10)
- ☐ Salsa
- ☐ Hot sauce

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

- ☐ Ground beef, 3–4 lb
- ☐ Top sirloin steak, 1 lb
- ☐ Chicken breasts, 2 lb
- ☐ Chicken drumsticks, 3–4 lb

► Produce & Fresh

- ☐ Broccoli, 3 cups
- ☐ Yellow onions (4)
- ☐ Green bell peppers (2)
- ☐ Shredded carrots, 1 cup
- ☐ Russet potatoes, 4–5 large
- ☐ Corn on the cob
- ☐ Bagged salad

► Dairy & Refrigerated

- ☐ Shredded cheddar, 5 cups
- ☐ Heavy cream, 1/2 cup
- ☐ Shredded mozzarella
- ☐ Shredded Parmesan
- ☐ Sour cream
- ☐ Guacamole

► Bread & Grains

- ☐ Burrito-size tortillas (10)

► Frozen

- ☐ Garlic bread

► Pantry Staples

- ☐ Chili seasoning mix (2 pkts)
- ☐ Tomato sauce, 15 oz can
- ☐ Better Than Bouillon beef base
- ☐ Light red kidney beans (2 cans)
- ☐ Dark red kidney beans (2 cans)
- ☐ Dried minced onion
- ☐ Chili powder
- ☐ Garlic powder
- ☐ Ground cinnamon
- ☐ Cornbread mix
- ☐ Fritos
- ☐ Vanilla
- ☐ Semi-sweet chocolate chips, 12 oz
- ☐ Soy sauce
- ☐ Apple cider vinegar
- ☐ Cornstarch
- ☐ Sesame oil
- ☐ Ground ginger
- ☐ White rice
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ BBQ sauce
- ☐ Mediterranean olive oil (optional)
- ☐ Medium shells, 16 oz
- ☐ Italian seasoning
- ☐ Spaghetti sauce (1 jar)
- ☐ Sliced black olives (1 can)
- ☐ Taco seasoning (2 pkts)
- ☐ Salsa
- ☐ Hot sauce

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 | |