

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	Crock Pot Pork Chops + Cheesecake Bars	Mashed potatoes, honey garlic carrots, rolls
Monday	Lemon Garlic Chicken Thighs	Herbed lemon rice + broccoli
Tuesday	French Toast Casserole	Eggs & fresh fruit
Wednesday	Leftovers	
Thursday	Mushroom Tortellini	Salad + garlic bread
Friday	Knock-Off Monte Cristo Sandwiches	French fries + fresh fruit
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Pork Chops + Cheesecake Bars

- ☐ Boneless pork chops (4)
- ☐ Cream of chicken soup
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Instant mashed potatoes
- ☐ Carrots, 1 lb
- ☐ Honey
- ☐ Soy sauce
- ☐ Dinner rolls
- ☐ Cream cheese, 16 oz
- ☐ Graham crackers
- ☐ Powdered sugar
- ☐ Cherry pie filling
- ☐ Cool Whip, 8 oz

► Tuesday —

French Toast Casserole

- ☐ Brioche bread
- ☐ Half and half
- ☐ Heavy cream
- ☐ Ground cinnamon
- ☐ Vanilla extract
- ☐ Powdered sugar
- ☐ Pancake syrup
- ☐ Fresh fruit (side)

► Friday —

Monte Cristo Sandwiches

- ☐ Deli ham, 4–6 slices
- ☐ American cheese
- ☐ White sandwich bread
- ☐ Powdered sugar
- ☐ Raspberry jam
- ☐ French fries (frozen)
- ☐ Fresh fruit or veggies (side)

► Monday —

Lemon Garlic Chicken Thighs

- ☐ Chicken thighs, 2 lb
- ☐ Broccoli
- ☐ Chicken broth
- ☐ Lemon juice (bottled)
- ☐ Dijon mustard
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Cornstarch
- ☐ White rice
- ☐ Chicken bouillon

► Thursday —

Mushroom Tortellini

- ☐ Cheese tortellini, 20 oz
- ☐ Baby bella mushrooms, 8 oz
- ☐ Shredded Parmesan
- ☐ Dried sage
- ☐ Bagged salad
- ☐ Garlic bread (frozen)

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

- ☐ Boneless pork chops (4)
- ☐ Boneless skinless chicken thighs, 2 lb
- ☐ Deli ham, 4–6 slices

► Produce & Fresh

- ☐ Carrots, 1 lb
- ☐ Broccoli
- ☐ Baby bella mushrooms, 8 oz
- ☐ Bagged salad
- ☐ Fresh fruit (Tuesday + Friday)

► Dairy & Refrigerated

- ☐ Cream cheese, 16 oz
- ☐ Half and half
- ☐ Heavy cream
- ☐ Refrigerated cheese tortellini, 20 oz
- ☐ Shredded Parmesan
- ☐ American cheese

► Frozen

- ☐ Cool Whip, 8 oz
- ☐ Garlic bread
- ☐ French fries

► Bread & Grains

- ☐ Dinner rolls
- ☐ Brioche bread
- ☐ White sandwich bread

► Pantry Staples

- ☐ Cream of chicken soup
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Honey
- ☐ Soy sauce
- ☐ Graham crackers
- ☐ Powdered sugar
- ☐ Cherry pie filling
- ☐ Instant mashed potatoes
- ☐ Chicken broth
- ☐ Lemon juice (bottled)
- ☐ Dijon mustard
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Cornstarch
- ☐ White rice
- ☐ Chicken bouillon
- ☐ Ground cinnamon
- ☐ Vanilla extract
- ☐ Pancake syrup
- ☐ Dried sage
- ☐ Raspberry jam

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 | |