

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	Beef Pot Roast + White Texas Sheet Cake	Potatoes, carrots, corn, dinner rolls
Monday	Homemade Calzones	Big green salad on the side
Tuesday	Roasted Red Pepper Pasta	Roasted broccoli + garlic bread
Wednesday	Leftovers	
Thursday	Mediterranean Ground Turkey Bowls	Feta, Greek yogurt + warm pita
Friday	Homemade Fried Rice	Frozen dumplings on the side
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back ->

► Sunday -

Pot Roast + Texas Sheet Cake

- ☐ Beef chuck roast, 3 lb
- ☐ Carrots, 1 lb
- ☐ Russet potatoes
- ☐ Yellow onion
- ☐ Cavender's Greek Seasoning
- ☐ Better Than Bouillon beef base
- ☐ Canned corn
- ☐ Dinner rolls
- ☐ Sour cream
- ☐ Powdered sugar
- ☐ Almond extract
- ☐ Strawberries (optional)
- ☐ Blueberries (optional)

► Monday -

Homemade Calzones

- ☐ Ground beef, 2 lb
- ☐ Pepperoni slices
- ☐ Yellow onion
- ☐ Bagged salad
- ☐ Refrigerated pizza crust (2 tubes)
- ☐ Fresh mozzarella
- ☐ Shredded mozzarella
- ☐ Grated Parmesan
- ☐ Feta
- ☐ Spaghetti sauce (jar)
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Black olives
- ☐ Green olives
- ☐ Kalamata olives

► Tuesday -

Roasted Red Pepper Pasta

- ☐ Yellow onion
- ☐ Fresh spinach
- ☐ Broccoli
- ☐ Heavy cream
- ☐ Grated Parmesan
- ☐ Spaghetti
- ☐ Roasted red peppers (jar)
- ☐ Chicken broth
- ☐ Kinder's Garlic & Herb w/ Lemon
- ☐ Dried parsley
- ☐ Garlic bread (frozen)

► Thursday -

Mediterranean Turkey Bowls

- ☐ Ground turkey, 2 lb
- ☐ Sweet potatoes
- ☐ Russet potatoes
- ☐ Zucchini
- ☐ Red onion
- ☐ Cherry tomatoes
- ☐ Feta
- ☐ Greek yogurt
- ☐ Sour cream
- ☐ Cannellini beans (canned)
- ☐ Greek Freak seasoning
- ☐ Kinder's Garlic & Herb w/ Lemon
- ☐ Balsamic vinegar
- ☐ Avocado oil spray
- ☐ Coarse salt
- ☐ Pita bread

► Friday -

Homemade Fried Rice

- ☐ Yellow onion
- ☐ Day-old white rice
- ☐ Soy sauce
- ☐ Hoisin sauce
- ☐ Sesame oil
- ☐ Frozen peas and carrots
- ☐ Frozen dumplings

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

- ☐ Beef chuck roast, 3 lb
- ☐ Ground beef, 2 lb
- ☐ Pepperoni slices
- ☐ Ground turkey, 2 lb

► Produce & Fresh

- ☐ Carrots, 1 lb
- ☐ Russet potatoes
- ☐ Sweet potatoes
- ☐ Yellow onions (4)
- ☐ Red onion
- ☐ Zucchini
- ☐ Cherry tomatoes
- ☐ Broccoli
- ☐ Fresh spinach
- ☐ Bagged salad
- ☐ Strawberries (optional)
- ☐ Blueberries (optional)

► Dairy & Refrigerated

- ☐ Sour cream
- ☐ Refrigerated pizza crust (2 tubes)
- ☐ Fresh mozzarella
- ☐ Shredded mozzarella
- ☐ Grated Parmesan
- ☐ Feta
- ☐ Heavy cream
- ☐ Greek yogurt

► Frozen

- ☐ Garlic bread
- ☐ Frozen peas and carrots
- ☐ Frozen dumplings

► Bread & Grains

- ☐ Dinner rolls
- ☐ Pita bread

► Pantry Staples

- ☐ Cavender's Greek Seasoning
- ☐ Better Than Bouillon beef base
- ☐ Canned corn
- ☐ Powdered sugar
- ☐ Almond extract
- ☐ Spaghetti sauce (jar)
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Black olives
- ☐ Green olives
- ☐ Kalamata olives
- ☐ Spaghetti
- ☐ Roasted red peppers (jar)
- ☐ Chicken broth
- ☐ Kinder's Garlic & Herb with Lemon
- ☐ Dried parsley
- ☐ Cannellini beans (canned)
- ☐ Greek Freak seasoning
- ☐ Balsamic vinegar
- ☐ Avocado oil spray
- ☐ Coarse salt
- ☐ White rice
- ☐ Soy sauce
- ☐ Hoisin sauce
- ☐ Sesame oil

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 | |