

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	No-Peek Chicken & Rice + Oreo Lasagna	Roasted broccoli, dinner rolls & fruit salad
Monday	Oven Baby Back Ribs	French fries + homemade coleslaw
Tuesday	Lemon Garlic Chicken Pasta	Side salad + garlic bread
Wednesday	Leftovers	
Thursday	Curried Chicken Salad Sandwiches	Fresh fruit + chips
Friday	Doritos Taco Salad	Crunchy, no-cook crowd favorite
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back ->

► Sunday -

No-Peek Chicken + Oreo Lasagna

- ☐ Chicken breasts, 4-6
- ☐ Minute white rice, 1 1/2 cups
- ☐ Cream of chicken soup (2)
- ☐ Onion soup mix (1 pkt)
- ☐ Fresh broccoli
- ☐ Dinner rolls
- ☐ Fruit salad
- ☐ Oreo cookies, party size
- ☐ Cream cheese, 8 oz
- ☐ Powdered sugar, 1 cup
- ☐ Chocolate pudding, 2 boxes
- ☐ Whipped topping, 8 oz

► Monday -

Baby Back Ribs + Coleslaw

- ☐ Baby back ribs, 2 racks
- ☐ BBQ sauce, 1 cup
- ☐ Paprika
- ☐ Garlic powder
- ☐ Onion powder
- ☐ French fries
- ☐ Coleslaw mix, 14 oz
- ☐ Mayonnaise
- ☐ Celery seed
- ☐ White vinegar
- ☐ Apple cider vinegar

► Tuesday -

Lemon Garlic Chicken Pasta

- ☐ Chicken breasts, 1 lb
- ☐ Spaghetti, 16 oz
- ☐ Bottled lemon juice
- ☐ Shredded Parmesan, 2 oz
- ☐ Fresh parsley
- ☐ Side salad
- ☐ Garlic bread

► Thursday -

Curried Chicken Salad

- ☐ Cooked chicken, 2 cups
- ☐ Honeycrisp apple (1)
- ☐ Pecans, 1/4 cup
- ☐ Craisins
- ☐ Green onions (2)
- ☐ Celery
- ☐ Bottled lime juice
- ☐ Curry powder
- ☐ Mayonnaise
- ☐ Sandwich bread
- ☐ Fresh fruit
- ☐ Chips

► Friday -

Doritos Taco Salad

- ☐ Ground beef, 1 lb
- ☐ Taco seasoning (1 pkt)
- ☐ Romaine lettuce, 2 hearts
- ☐ Cherry tomatoes, 1 cup
- ☐ Yellow onion (1)
- ☐ Black olives, 1 can
- ☐ Shredded cheddar, 2 cups
- ☐ Doritos, party size
- ☐ Catalina dressing, 1 cup

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 chicken breasts, 6-8
- ☐ Baby back pork ribs, 2 racks
- ☐ Cooked chicken, 2 cups (rotisserie works)
- ☐ Ground beef, 1 lb

► Produce & Fresh

- ☐ Fresh broccoli, 1-2 heads
- ☐ Coleslaw mix, 14 oz bag
- ☐ Fresh parsley
- ☐ Bagged side salad
- ☐ Honeycrisp apple (1)
- ☐ Green onions (2)
- ☐ Celery
- ☐ Romaine lettuce, 2 hearts
- ☐ Cherry tomatoes, 1 cup
- ☐ Yellow onion (1)
- ☐ Fresh fruit (fruit salad + Thursday)

► Dairy & Refrigerated

- ☐ Cream cheese, 8 oz
- ☐ Shredded Parmesan, 2 oz
- ☐ Shredded sharp cheddar, 2 cups

► Bread & Grains

- ☐ Dinner rolls
- ☐ Sandwich bread (Thursday)

► Frozen

- ☐ Whipped topping (Cool Whip), 8 oz
- ☐ French fries
- ☐ Garlic bread

► Pantry Staples

- ☐ Minute white rice, 1 1/2 cups
- ☐ Cream of chicken soup, 2 cans
- ☐ Onion soup mix (1 pkt)
- ☐ Oreo cookies, party size
- ☐ Powdered sugar, 1 cup
- ☐ Instant chocolate pudding, 2 boxes
- ☐ Paprika
- ☐ Garlic powder
- ☐ Onion powder
- ☐ BBQ sauce, 1 cup
- ☐ Celery seed
- ☐ Distilled white vinegar
- ☐ Apple cider vinegar
- ☐ Mayonnaise
- ☐ Bottled lemon juice
- ☐ Bottled lime juice
- ☐ Pecans, 1/4 cup
- ☐ Craisins
- ☐ Curry powder
- ☐ Spaghetti, 16 oz
- ☐ Taco seasoning (1 pkt)
- ☐ Sliced black olives, 1 can
- ☐ Doritos, party size
- ☐ Catalina dressing, 1 cup

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 | |