

## 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!

Scan for all  
five recipes →



| DAY       | DINNER                          | SERVE WITH / NOTE                  |
|-----------|---------------------------------|------------------------------------|
| Sunday    | Poppy Seed Chicken + Pound Cake | Honey garlic carrots, rolls, rice  |
| Monday    | Spinach Artichoke Tortellini    | Garlic bread                       |
| Tuesday   | BBQ Chicken Legs                | Campfire potatoes, corn on the cob |
| Wednesday | Leftovers                       |                                    |
| Thursday  | Viral Sushi Bake                | Build-your-own with seaweed snacks |
| Friday    | Daddy's Crockpot Chili          | Cornbread                          |
| Saturday  |                                 |                                    |

### Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

#### ■ Sunday —

##### Poppy Seed Chicken + Cake

- ☐ Chicken breast, 1–2 lb
- ☐ Whole carrots, 1 lb
- ☐ Sour cream
- ☐ Shredded sharp cheddar
- ☐ Buttermilk
- ☐ Cream cheese, 8 oz
- ☐ Cream of chicken soup
- ☐ Cream of celery soup
- ☐ Poppy seed
- ☐ Ritz crackers
- ☐ Honey
- ☐ Soy sauce
- ☐ Kinder's The Blend
- ☐ Vanilla extract
- ☐ Pecan halves
- ☐ Powdered sugar
- ☐ Maple syrup
- ☐ Jasmine rice
- ☐ Sweet Hawaiian rolls

#### ■ Monday —

##### Spinach Artichoke Tortellini

- ☐ Yellow onion
- ☐ Baby spinach, bagged
- ☐ Lemon (1)
- ☐ Boursin Garlic & Herb
- ☐ Shredded Parmesan
- ☐ Artichoke hearts, canned

- ☐ Chicken broth

- ☐ Kinder's Garlic & Herb
- ☐ Frozen cheese tortellini
- ☐ Garlic bread

#### ■ Tuesday —

##### BBQ Chicken Legs

- ☐ Chicken drumsticks, 3–4 lb
- ☐ Russet potatoes (5–6)
- ☐ Yellow onion
- ☐ Corn on the cob (4–6 ears)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Kinder's BBQ sauce
- ☐ Kinder's The Blend

#### ■ Thursday —

##### Viral Sushi Bake

- ☐ Imitation crab, 1 lb
- ☐ Whole carrots, 1 lb
- ☐ Avocados (2)
- ☐ Cucumber (1)
- ☐ Green onions
- ☐ Cream cheese, 8 oz
- ☐ Sushi rice
- ☐ Seasoned rice vinegar
- ☐ Mirin
- ☐ Soy sauce
- ☐ Furikake

- ☐ Kewpie mayo

- ☐ Sriracha
- ☐ Roasted seaweed snacks
- ☐ Black sesame seeds

#### ■ Friday —

##### Daddy's Crockpot Chili

- ☐ Ground beef, 2 lb
- ☐ Light red kidney beans
- ☐ Dark red kidney beans
- ☐ Tomato sauce
- ☐ Chili powder
- ☐ Ground cinnamon
- ☐ Better Than Bouillon beef
- ☐ Minced onion
- ☐ Jiffy corn muffin mix

### 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

- ☐ Chicken breast, 1–2 lb
- ☐ Chicken drumsticks, 3–4 lb
- ☐ Imitation crab, 1 lb
- ☐ Ground beef, 2 lb

### ■ Produce & Fresh

- ☐ Whole carrots, 1 lb
- ☐ Russet potatoes (5–6)
- ☐ Yellow onions (2)
- ☐ Baby spinach, bagged
- ☐ Lemon (1)
- ☐ Corn on the cob (4–6 ears)
- ☐ Green onions
- ☐ Avocados (2)
- ☐ Cucumber (1)

### ■ Dairy & Refrigerated

- ☐ Sour cream
- ☐ Shredded sharp cheddar
- ☐ Buttermilk
- ☐ Cream cheese, 8 oz
- ☐ Boursin Garlic & Herb
- ☐ Shredded Parmesan

### ■ Bread & Grains

- ☐ Sweet Hawaiian rolls

### ■ Frozen

- ☐ Frozen cheese tortellini
- ☐ Garlic bread

### ■ Pantry Staples

- ☐ Cream of chicken soup
- ☐ Cream of celery soup
- ☐ Poppy seed
- ☐ Ritz crackers
- ☐ Honey

### ■ Pantry Staples (cont.)

- ☐ Soy sauce
- ☐ Kinder's The Blend
- ☐ Vanilla extract
- ☐ Pecan halves
- ☐ Powdered sugar
- ☐ Maple syrup
- ☐ Jasmine rice
- ☐ Artichoke hearts, canned
- ☐ Chicken broth
- ☐ Kinder's Garlic & Herb
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Kinder's BBQ sauce
- ☐ Sushi rice
- ☐ Seasoned rice vinegar
- ☐ Mirin
- ☐ Furikake
- ☐ Kewpie mayo
- ☐ Sriracha
- ☐ Roasted seaweed snacks
- ☐ Black sesame seeds
- ☐ Light red kidney beans
- ☐ Dark red kidney beans
- ☐ Tomato sauce
- ☐ Chili powder
- ☐ Ground cinnamon
- ☐ Better Than Bouillon beef
- ☐ Minced onion
- ☐ Jiffy corn muffin mix

Other items:

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### 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:

- |                                |                                 |                                        |                                     |                                    |                                          |                                 |
|--------------------------------|---------------------------------|----------------------------------------|-------------------------------------|------------------------------------|------------------------------------------|---------------------------------|
| <input type="checkbox"/> Flour | <input type="checkbox"/> Sugar  | <input type="checkbox"/> Brown Sugar   | <input type="checkbox"/> Quick Oats | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Butter          | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Salt  | <input type="checkbox"/> Pepper | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Milk       | <input type="checkbox"/> Eggs      | <input type="checkbox"/> Avocado/Veg Oil |                                 |