

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	Poppyseed Chicken + Fudgy Pie	Baked potatoes, green beans, and rolls
Monday	Cajun Chicken Pasta	Bagged salad + garlic bread
Tuesday	Breakfast for Dinner	Tater tot casserole, pancakes, and eggs
Wednesday	Leftovers	
Thursday	Asian Chicken Salad	Frozen egg rolls on the side
Friday	Make Your Own Nachos	Everybody builds their own plate
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Poppyseed Chicken + Fudgy Pie

- ☐ Chicken breasts, 4–5
- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Sour cream, 1 cup
- ☐ Poppy seeds, 1–2 tbsp
- ☐ Shredded cheddar, 1½ cups
- ☐ Ritz crackers, 1–2 sleeves
- ☐ Garlic powder
- ☐ Russet potatoes, 6–8
- ☐ Green beans, 1–2 lb
- ☐ Dinner rolls (1 pkg)
- ☐ 9-inch pie crust
- ☐ Unsweetened cocoa, ¼ cup
- ☐ Vanilla, 2 tsp
- ☐ Semi-sweet chocolate chips

► Monday —

Cajun Chicken Pasta

- ☐ Chicken breasts, 2–3
- ☐ Bow tie pasta, 8 oz
- ☐ Red bell pepper (1)
- ☐ Yellow bell pepper (1)
- ☐ Yellow onion (1)
- ☐ Cajun seasoning, 3 tsp
- ☐ Cream cheese, 4 oz
- ☐ Grated Parmesan, ¾ cup
- ☐ Bagged salad kit
- ☐ Garlic bread (1 loaf)

► Tuesday —

Breakfast for Dinner

- ☐ Breakfast sausage, 1 lb
- ☐ Cream of chicken soup (1 can)
- ☐ Sour cream, ½ cup
- ☐ Shredded cheddar, 2 cups
- ☐ Frozen tater tots, 2 lb
- ☐ Dried minced onion
- ☐ Garlic powder
- ☐ Pancake mix
- ☐ Vanilla (for the pancakes)

► Thursday —

Asian Chicken Salad

- ☐ Romaine lettuce (2 heads)
- ☐ Chicken breasts, 2–4
- ☐ Green onions (3)
- ☐ Shredded carrots
- ☐ Chow mein noodles (5 oz)
- ☐ Sliced almonds
- ☐ Mandarin oranges (15 oz)
- ☐ Soy sauce, 2 tsp
- ☐ Sesame oil, 3–4 tsp
- ☐ Rice vinegar, 3 tbsp
- ☐ Frozen egg rolls

► Friday —

Make Your Own Nachos

- ☐ Ground beef, 1½ lb
- ☐ Taco seasoning (1 packet)
- ☐ Tortilla chips, 16 oz
- ☐ Nacho cheese, 15 oz
- ☐ Shredded cheddar, 2 cups
- ☐ Sour cream, 1 cup
- ☐ Jalapeños
- ☐ Sliced black olives
- ☐ Taco sauce
- ☐ Shredded lettuce
- ☐ Guacamole (optional)
- ☐ Salsa or pico (optional)
- ☐ Refried beans (optional)

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 breasts, 8–12 total
- ☐ Breakfast sausage, 1 lb
- ☐ Ground beef, 1½ lb

► Produce & Fresh

- ☐ Russet potatoes, 6–8
- ☐ Green beans, 1–2 lb
- ☐ Yellow onion (1)
- ☐ Red bell pepper (1)
- ☐ Yellow bell pepper (1)
- ☐ Bagged salad kit
- ☐ Romaine lettuce (2 heads)
- ☐ Green onions (3)
- ☐ Shredded carrots
- ☐ Shredded lettuce
- ☐ Guacamole or avocado (optional)

► Dairy & Refrigerated

- ☐ Sour cream, 24 oz
- ☐ Shredded cheddar, 6 cups
- ☐ Cream cheese, 4 oz
- ☐ Grated Parmesan, ¾ cup

► Bread & Grains

- ☐ Dinner rolls (1 pkg)
- ☐ Garlic bread (1 loaf)

► Frozen

- ☐ Tater tots, 2 lb
- ☐ Egg rolls (1 box)

► Pantry Staples

- ☐ Cream of chicken soup (2 cans)
- ☐ Cream of celery soup (1 can)
- ☐ Poppy seeds
- ☐ Ritz crackers, 1–2 sleeves
- ☐ Garlic powder
- ☐ 9-inch pie crust
- ☐ Unsweetened cocoa powder
- ☐ Vanilla
- ☐ Semi-sweet chocolate chips
- ☐ Bow tie pasta, 8 oz
- ☐ Cajun seasoning
- ☐ Dried minced onion
- ☐ Pancake mix
- ☐ Chow mein noodles (5 oz)
- ☐ Sliced almonds
- ☐ Mandarin oranges (15 oz)
- ☐ Soy sauce
- ☐ Sesame oil
- ☐ Rice vinegar
- ☐ Taco seasoning (1 packet)
- ☐ Tortilla chips, 16 oz
- ☐ Nacho cheese, 15 oz
- ☐ Jalapeños
- ☐ Sliced black olives
- ☐ Taco sauce
- ☐ Salsa or pico (optional)
- ☐ Refried beans (optional)

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:

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|--------------------------------|---------------------------------|--|-------------------------------------|------------------------------------|--|---------------------------------|
| ☐ Flour | ☐ Sugar | ☐ Brown Sugar | ☐ Quick Oats | ☐ Olive Oil | ☐ Butter | ☐ Garlic |
| ☐ Salt | ☐ Pepper | ☐ Baking Powder | ☐ Milk | ☐ Eggs | ☐ Avocado/Veg Oil | |