

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	Ham + Eclair Squares	Funeral potatoes, cranberry salad, veggies, rolls
Monday	Tortellini Soup	Warm ciabatta for dipping
Tuesday	Turkey Meatloaf	Mashed potatoes + corn
Wednesday	Leftovers	
Thursday	Jambalaya	Black beans + french bread
Friday	Chicken Bacon Ranch Melts	Tater tots on the side
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Ham + Eclair Squares

- ☐ Spiral ham (any size)
- ☐ Pineapple juice, 2 cups
- ☐ Whole cloves (12–15)
- ☐ Shredded hashbrowns, 2 lb
- ☐ Cream of chicken soup (1 can)
- ☐ Sour cream, 1 pint
- ☐ Shredded cheddar, 2 cups
- ☐ Cornflakes, 1½ cups
- ☐ Dried minced onion
- ☐ Garlic powder
- ☐ Cranberry sauce (14 oz)
- ☐ Apple pie filling (21 oz)
- ☐ Pecan halves, ½ cup
- ☐ Cinnamon
- ☐ Fresh green beans, 12 oz
- ☐ Carrots (6–7)
- ☐ Kinder's The Blend Seasoning
- ☐ Dinner rolls (1 pkg)
- ☐ Graham crackers (3 packs)
- ☐ French vanilla pudding (2 pkgs)
- ☐ Whipped topping, 8 oz
- ☐ Semi-sweet chocolate bar, 2 oz
- ☐ Powdered sugar, 2 cups

► Monday —

Tortellini Soup

- ☐ Cheese tortellini, 18–20 oz
- ☐ Alfredo sauce (2 jars, 15 oz)
- ☐ Chicken broth, 4 cups
- ☐ Fresh spinach, 3–4 cups
- ☐ Yellow onion (1)
- ☐ Dried thyme
- ☐ Dried oregano
- ☐ Shredded Parmesan
- ☐ Ciabatta (1 loaf)

► Tuesday —

Turkey Meatloaf

- ☐ Ground turkey, 2 lb
- ☐ Fresh parsley, 2 tbsp
- ☐ Worcestershire sauce, 2 tbsp
- ☐ Dried minced onion
- ☐ Garlic powder
- ☐ Ketchup
- ☐ Mashed potatoes (1 box)
- ☐ Corn (1 can)



Like this week?
There are four more.
Scan for what's inside →

► Thursday —

Jambalaya

- ☐ Shrimp, 1 lb
- ☐ Smoked sausage, 1 lb
- ☐ Celery (2 stalks)
- ☐ Bell pepper (1–2)
- ☐ Yellow onion (1)
- ☐ White rice, 2 cups
- ☐ Chicken broth, 4 cups
- ☐ Cajun seasoning
- ☐ Worcestershire sauce
- ☐ Black beans (1 can)
- ☐ French bread (1 loaf)

► Friday —

Chicken Bacon Ranch Melts

- ☐ Chicken breasts (2)
- ☐ Bacon (8 slices)
- ☐ Mayonnaise
- ☐ Ranch seasoning
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Lemon juice
- ☐ Mild cheddar slices (4)
- ☐ Colby jack slices (4)
- ☐ Brioche buns (4)
- ☐ Tater tots (1 bag)

Complete Shopping List

► Meat & Proteins

- ☐ Spiral ham (any size)
- ☐ Ground turkey, 2 lb
- ☐ Shrimp, 1 lb
- ☐ Smoked sausage, 1 lb
- ☐ Chicken breasts (2)
- ☐ Bacon (8 slices)

► Produce & Fresh

- ☐ Fresh green beans, 12 oz
- ☐ Carrots (6–7)
- ☐ Yellow onions (2)
- ☐ Fresh spinach, 3–4 cups
- ☐ Fresh parsley
- ☐ Celery (2 stalks)
- ☐ Bell pepper (1–2)

► Dairy & Refrigerated

- ☐ Sour cream, 1 pint
- ☐ Shredded cheddar, 2 cups
- ☐ Cheese tortellini, 18–20 oz
- ☐ Shredded Parmesan
- ☐ Mild cheddar slices (4)
- ☐ Colby jack slices (4)

► Bread & Grains

- ☐ Dinner rolls (1 pkg)
- ☐ Ciabatta (1 loaf)
- ☐ French bread (1 loaf)
- ☐ Brioche buns (4)

► Frozen

- ☐ Shredded hashbrowns, 2 lb
- ☐ Whipped topping, 8 oz
- ☐ Tater tots (1 bag)

► Pantry Staples

- ☐ Pineapple juice, 2 cups
- ☐ Whole cloves
- ☐ Cream of chicken soup (1 can)
- ☐ Dried minced onion
- ☐ Garlic powder
- ☐ Cornflakes, 1½ cups
- ☐ Whole berry cranberry sauce (14 oz)
- ☐ Apple pie filling (21 oz)
- ☐ Pecan halves, ½ cup
- ☐ Cinnamon
- ☐ Kinder's The Blend Seasoning
- ☐ Graham crackers (3 packs)
- ☐ French vanilla pudding (2 pkgs)
- ☐ Semi-sweet chocolate bar, 2 oz
- ☐ Powdered sugar, 2 cups
- ☐ Alfredo sauce (2 jars, 15 oz)
- ☐ Chicken broth, 8 cups
- ☐ Dried thyme
- ☐ Dried oregano
- ☐ Worcestershire sauce
- ☐ Ketchup
- ☐ Mashed potatoes (1 box)
- ☐ Corn (1 can)
- ☐ White rice, 2 cups
- ☐ Cajun seasoning
- ☐ Black beans (1 can)
- ☐ Mayonnaise
- ☐ Ranch seasoning
- ☐ Onion powder
- ☐ Lemon juice

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 | |