

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	Beef Pot Roast + Cherry Dump Cake	World's best green beans + rolls
Monday	Chicken Caesar Salad Wraps	Chips on the side
Tuesday	Classic Beef Stroganoff	Broccoli on the side
Wednesday	Leftovers	
Thursday	Thai Coconut Curry Shrimp or Chicken	Jasmine rice + naan bread
Friday	Iowa Pork Tenderloin Sandwiches	Frozen fries
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Pot Roast + Dump Cake

- ☐ Beef chuck roast, 3 lb
- ☐ Carrots, 1 lb
- ☐ Russet potatoes (4–6)
- ☐ Yellow onion (1)
- ☐ Cavender's Greek Seasoning
- ☐ Better Than Bouillon beef base
- ☐ Cut green beans (3 cans)
- ☐ Soy sauce, 1/3 cup
- ☐ Garlic powder
- ☐ Cherry pie filling (2 cans)
- ☐ Yellow cake mix (1 box)
- ☐ Dinner rolls

► Monday —

Chicken Caesar Wraps

- ☐ Chicken cutlets, 2 lb
- ☐ Romaine lettuce (1–2 heads)
- ☐ Caesar dressing, ¾ cup
- ☐ Shaved Parmesan, ¾ cup
- ☐ Burrito-size tortillas (6)
- ☐ Croutons (optional)
- ☐ Bacon crumbles (optional)
- ☐ Chips (1 bag)

► Tuesday —

Classic Beef Stroganoff

- ☐ Ground beef, 1 lb
- ☐ Egg noodles, 16 oz
- ☐ Baby bella mushrooms, 8 oz
- ☐ Yellow onion (1)
- ☐ Worcestershire sauce
- ☐ Better Than Bouillon beef base
- ☐ Sour cream, 1 cup
- ☐ Dijon mustard
- ☐ Broccoli crown (1)

► Thursday —

Thai Coconut Curry

- ☐ Shrimp, 1 lb
- ☐ Chicken breast, 1 lb (optional)
- ☐ Yellow onion (1)
- ☐ Bell peppers (2)
- ☐ Shredded carrots, 1 cup
- ☐ Ginger paste
- ☐ Ground coriander
- ☐ Turmeric
- ☐ Soy sauce
- ☐ Sriracha (optional)
- ☐ Coconut milk (1 can)
- ☐ Red Thai curry paste
- ☐ Chicken broth, 1½ cups
- ☐ Jasmine rice
- ☐ Naan bread

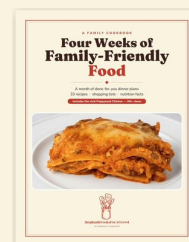
► Friday —

Iowa Tenderloin Sandwiches

- ☐ Pork tenderloin cutlets (4)
- ☐ Buttermilk, ¼ cup
- ☐ Saltine crackers, 1 cup
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cayenne pepper
- ☐ Hamburger buns (4)
- ☐ Lettuce and tomato
- ☐ Ranch dressing
- ☐ Frozen fries (1 bag)

Stephanie's Baker's Dozen is on the back →

Like this week?
There are four more.



Scan for what's inside →

Complete Shopping List

► Meat & Proteins

- ☐ Beef chuck roast, 3 lb
- ☐ Chicken cutlets, 2 lb
- ☐ Ground beef, 1 lb
- ☐ Shrimp, 1 lb
- ☐ Chicken breast, 1 lb (optional)
- ☐ Pork tenderloin cutlets (4)

► Produce & Fresh

- ☐ Carrots, 1 lb
- ☐ Russet potatoes (4–6)
- ☐ Yellow onions (3)
- ☐ Romaine lettuce (1–2 heads)
- ☐ Baby bella mushrooms, 8 oz
- ☐ Broccoli crown (1)
- ☐ Bell peppers (2)
- ☐ Shredded carrots (1 bag)
- ☐ Lettuce and tomato

► Dairy & Refrigerated

- ☐ Shaved Parmesan, $\frac{3}{4}$ cup
- ☐ Sour cream, 1 cup
- ☐ Buttermilk, $\frac{1}{4}$ cup

► Bread & Grains

- ☐ Dinner rolls
- ☐ Burrito-size tortillas (6)
- ☐ Naan bread
- ☐ Hamburger buns (4)

► Frozen

- ☐ Frozen fries (1 bag)

► Pantry Staples

- ☐ Cavender's Greek Seasoning
- ☐ Better Than Bouillon beef base
- ☐ Cut green beans (3 cans)
- ☐ Soy sauce
- ☐ Garlic powder
- ☐ Cherry pie filling (2 cans)
- ☐ Yellow cake mix (1 box)
- ☐ Caesar dressing, $\frac{3}{4}$ cup
- ☐ Croutons (optional)
- ☐ Bacon crumbles (optional)
- ☐ Chips (1 bag)
- ☐ Egg noodles, 16 oz
- ☐ Worcestershire sauce
- ☐ Dijon mustard
- ☐ Ginger paste
- ☐ Ground coriander
- ☐ Turmeric
- ☐ Sriracha (optional)
- ☐ Coconut milk (1 can)
- ☐ Red Thai curry paste
- ☐ Chicken broth, $1\frac{1}{2}$ cups
- ☐ Jasmine rice
- ☐ Saltine crackers, 1 cup
- ☐ Onion powder
- ☐ Cayenne pepper
- ☐ Ranch dressing

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 | |