

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	Crock Pot Pork Chops + Pecan Pie Bars	Mashed potatoes, corn + rolls
Monday	Chicken and Shrimp Stir Fry	Jasmine rice + egg rolls
Tuesday	Sheet Pan Quesadillas	Salsa, sour cream + guacamole
Wednesday	Leftovers	
Thursday	French Toast Casserole	Scrambled eggs + fresh fruit
Friday	Grilled Burgers with Fries	Everybody builds their own
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Pork Chops + Pecan Pie Bars

- ☐ Boneless pork chops (8)
- ☐ Cream of chicken soup (2 cans)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Instant mashed potatoes
- ☐ Canned corn
- ☐ Dinner rolls
- ☐ Light corn syrup, 1½ cups
- ☐ Chopped pecans, about 2 cups
- ☐ Vanilla, 2 tsp

► Monday —

Chicken and Shrimp Stir Fry

- ☐ Chicken breasts, 1 lb
- ☐ Medium shrimp, 1 lb
- ☐ Stir fry vegetable mix (1–2 bags)
- ☐ Yellow onions (2)
- ☐ Shredded carrots, 1 cup
- ☐ Broccoli (2 small heads)
- ☐ Cabbage (½ head)
- ☐ Soy sauce
- ☐ Ground ginger
- ☐ Teriyaki sauce
- ☐ Jasmine rice
- ☐ Egg rolls (optional)

► Tuesday —

Sheet Pan Quesadillas

- ☐ Top sirloin steak, 2 lb
- ☐ Burrito-size flour tortillas (10)
- ☐ Shredded cheddar, 4 cups
- ☐ Green bell pepper (1)
- ☐ Yellow onion (1)
- ☐ Sliced black olives (2.25 oz)
- ☐ Taco seasoning (2 packets)
- ☐ Salsa
- ☐ Sour cream
- ☐ Guacamole
- ☐ Hot sauce

► Thursday —

French Toast Casserole

- ☐ Brioche bread (12 slices)
- ☐ Half and half, 1½ cups
- ☐ Heavy cream, ½ cup
- ☐ Ground cinnamon
- ☐ Vanilla, 1 tsp
- ☐ Powdered sugar
- ☐ Pancake syrup
- ☐ Fresh fruit (side)

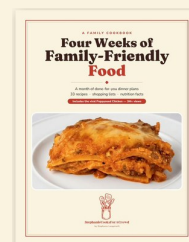
► Friday —

Grilled Burgers with Fries

- ☐ Burger patties
- ☐ Shredded lettuce
- ☐ Yellow onion (1)
- ☐ Sliced American cheese
- ☐ Ketchup
- ☐ Yellow mustard
- ☐ Mayonnaise
- ☐ Dill pickles
- ☐ French fries
- ☐ Hamburger buns

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

- ☐ Boneless pork chops (8)
- ☐ Chicken breasts, 1 lb
- ☐ Medium shrimp, 1 lb
- ☐ Top sirloin steak, 2 lb
- ☐ Burger patties

► Produce & Fresh

- ☐ Yellow onions (4)
- ☐ Shredded carrots, 1 cup
- ☐ Broccoli (2 small heads)
- ☐ Cabbage (½ head)
- ☐ Green bell pepper (1)
- ☐ Fresh fruit (Thursday)
- ☐ Shredded lettuce

► Dairy & Refrigerated

- ☐ Shredded cheddar, 4 cups
- ☐ Sour cream
- ☐ Guacamole
- ☐ Half and half, 1½ cups
- ☐ Heavy cream, ½ cup
- ☐ Sliced American cheese

► Bread & Grains

- ☐ Dinner rolls
- ☐ Burrito-size flour tortillas (10)
- ☐ Brioche bread (12 slices)
- ☐ Hamburger buns

► Frozen

- ☐ Stir fry vegetable mix (1–2 bags)
- ☐ Egg rolls (optional)
- ☐ French fries

► Pantry Staples

- ☐ Cream of chicken soup (2 cans)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Instant mashed potatoes
- ☐ Canned corn
- ☐ Light corn syrup, 1½ cups
- ☐ Chopped pecans, about 2 cups
- ☐ Vanilla
- ☐ Soy sauce
- ☐ Ground ginger
- ☐ Teriyaki sauce
- ☐ Jasmine rice
- ☐ Sliced black olives (2.25 oz)
- ☐ Taco seasoning (2 packets)
- ☐ Salsa
- ☐ Hot sauce
- ☐ Ground cinnamon
- ☐ Powdered sugar
- ☐ Pancake syrup
- ☐ Ketchup
- ☐ Yellow mustard
- ☐ Mayonnaise
- ☐ Dill pickles

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 | |