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	**Spinach Stuffed Shells + Apple Pie Bites**	Salad + garlic bread
Monday	**Chicken Noodle Soup**	French bread
Tuesday	**Mediterranean Turkey Bowls**	Sweet or regular potatoes
Wednesday	**Leftovers**	
Thursday	**Chicken Bacon Ranch Melts**	Fries
Friday	**Homemade Fried Rice**	Egg rolls
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

▸ Sunday — Stuffed Shells + Pie Bites

- ☐ Jumbo pasta shells (20)
- ☐ Fresh spinach, 2 cups
- ☐ Ricotta (1 cup)
- ☐ Shredded mozzarella (1 cup)
- ☐ Grated Parmesan (½ cup)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Marinara (2 cups)
- ☐ Fresh basil (garnish)
- ☐ Bagged garden salad
- ☐ Salad dressing
- ☐ Frozen garlic bread
- ☐ Refrigerated pie crusts (2)
- ☐ Apple pie filling, 21 oz
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Vanilla
- ☐ Avocado oil spray

▸ Monday — Chicken Noodle Soup

- ☐ Cooked chicken (2 cups)
- ☐ Yellow onion (1)
- ☐ Celery, ½ cup
- ☐ Carrots, 1 cup
- ☐ Chicken broth (6–8 cups)
- ☐ Egg noodles, 1½ cups
- ☐ Dried basil
- ☐ Dried oregano
- ☐ French baguette

▸ Tuesday — Mediterranean Turkey Bowls

- ☐ Ground turkey, 2 lb
- ☐ Sweet or russet potatoes (6–8)
- ☐ Zucchini (2)
- ☐ Red onion (1)
- ☐ Cherry tomatoes, 1 cup
- ☐ Cannellini beans (1 can)
- ☐ Greek Freak seasoning
- ☐ Kinder's Garlic & Herb
- ☐ Balsamic vinegar
- ☐ Avocado oil spray
- ☐ Coarse salt
- ☐ Feta (optional)
- ☐ Greek yogurt (optional)
- ☐ Sour cream (optional)

▸ Thursday — Bacon Ranch Melts

- ☐ Chicken breasts (2)
- ☐ Bacon (8 slices)
- ☐ Mild cheddar slices (4)
- ☐ Colby jack slices (4)
- ☐ Brioche buns (4)
- ☐ Mayonnaise
- ☐ Ranch seasoning
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Lemon juice
- ☐ Frozen crinkle fries

▸ Friday — Fried Rice + Egg Rolls

- ☐ Cooked rice, 6 cups (day-old)
- ☐ Yellow onion (1)
- ☐ Frozen peas and carrots
- ☐ Soy sauce
- ☐ Hoisin sauce
- ☐ Sesame oil
- ☐ Frozen egg rolls



Like this week? My cookbook has four more.

Scan for what's inside →

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

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Complete Shopping List

▶ Meat & Proteins

- ☐ Cooked chicken (2 cups)
- ☐ Ground turkey, 2 lb
- ☐ Chicken breasts (2)
- ☐ Bacon (8 slices)

▶ Produce & Fresh

- ☐ Fresh spinach, 2 cups
- ☐ Fresh basil (garnish)
- ☐ Bagged garden salad
- ☐ Yellow onions (2)
- ☐ Celery, ½ cup
- ☐ Carrots, 1 cup
- ☐ Sweet or russet potatoes (6–8)
- ☐ Zucchini (2)
- ☐ Red onion (1)
- ☐ Cherry tomatoes, 1 cup

▶ Dairy & Refrigerated

- ☐ Whole milk ricotta (1 cup)
- ☐ Shredded mozzarella (1 cup)
- ☐ Grated Parmesan (½ cup)
- ☐ Refrigerated pie crusts (2)
- ☐ Feta
- ☐ Greek yogurt
- ☐ Sour cream
- ☐ Mild cheddar slices (4)
- ☐ Colby jack slices (4)

▶ Frozen

- ☐ Garlic bread
- ☐ Crinkle fries
- ☐ Peas and carrots
- ☐ Egg rolls

▶ Bread

- ☐ French baguette
- ☐ Brioche buns (4)

▶ Pantry Staples

- ☐ Jumbo pasta shells (20)
- ☐ Marinara (2 cups)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Salad dressing
- ☐ Apple pie filling, 21 oz
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Vanilla
- ☐ Avocado oil spray
- ☐ Chicken broth (6–8 cups)
- ☐ Wide egg noodles
- ☐ Dried basil
- ☐ Dried oregano
- ☐ Cannellini beans (1 can)
- ☐ Greek Freak seasoning
- ☐ Kinder's Garlic & Herb
- ☐ Balsamic vinegar
- ☐ Coarse salt
- ☐ Mayonnaise
- ☐ Ranch seasoning
- ☐ Lemon juice
- ☐ White rice (6 cups cooked)
- ☐ Soy sauce
- ☐ Hoisin sauce
- ☐ Sesame oil

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

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