

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	Simple Lasagna + Brownie Sundaes	Green beans + carrots, garlic bread
Monday	Crock Pot White Chicken Chili	Chips + salsa
Tuesday	Chicken Pot Pie	Mac and cheese
Wednesday	Leftovers	
Thursday	Beef and Broccoli Stir Fry	Rice + dumplings
Friday	Benedictine Sandwiches	Chips
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Lasagna + Brownie Sundaes

- ☐ Ground beef or sausage, 1 lb
- ☐ Lasagna noodles, 9–12 sheets
- ☐ Spaghetti sauce (1 jar)
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Dried minced onion
- ☐ Ricotta, 15 oz tub
- ☐ Shredded mozzarella, 2–3 cups
- ☐ Parsley
- ☐ Green beans, 12 oz bag
- ☐ Carrots (6–7)
- ☐ Kinder's The Blend
- ☐ Garlic bread
- ☐ Brownie mix (1 box)
- ☐ Semi-sweet chocolate chips
- ☐ Vanilla ice cream
- ☐ Chocolate syrup

► Monday —

White Chicken Chili

- ☐ Cooked chicken, 2–3 cups
- ☐ Cannellini beans (3 cans)
- ☐ Rotel (1 can)
- ☐ Corn (1 can)
- ☐ Diced green chilies (4 oz)
- ☐ Red onion (1)
- ☐ Chicken broth, 3–4 cups
- ☐ Chili seasoning (1 packet)
- ☐ Garlic powder
- ☐ Cream cheese, 8 oz
- ☐ Shredded cheddar
- ☐ Sour cream
- ☐ Guacamole
- ☐ Pico de gallo
- ☐ Tortilla chips
- ☐ Salsa

► Tuesday —

Chicken Pot Pie

- ☐ Cooked chicken breast, 2 cups
- ☐ Refrigerated pie crust (1 box)
- ☐ Frozen mixed vegetables, 1 lb
- ☐ Cream of potato soup
- ☐ Cream of chicken soup
- ☐ Cream of celery soup
- ☐ Garlic powder
- ☐ Boxed mac and cheese

► Thursday —

Beef and Broccoli

- ☐ Top sirloin steak, 1 lb
- ☐ Broccoli, 3 cups
- ☐ Yellow onion (1)
- ☐ Bell pepper (1)
- ☐ Shredded carrots, 1 cup
- ☐ Apple cider vinegar
- ☐ Soy sauce, ½ cup
- ☐ Cornstarch
- ☐ Sesame oil
- ☐ Ground ginger
- ☐ White rice
- ☐ Frozen dumplings

► Friday —

Benedictine Sandwiches

- ☐ Large cucumber (1)
- ☐ Cream cheese, 8 oz
- ☐ Mayonnaise
- ☐ Red onion, 1½ tbsp
- ☐ Bacon, 8 slices
- ☐ White sandwich bread
- ☐ Spring mix, 1 cup
- ☐ Chips

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

Like this week?
My cookbook has
four more.

Scan for what's inside →

Complete Shopping List

► Meat & Proteins

- ☐ Ground beef or Italian sausage, 1 lb
- ☐ Cooked chicken, 2–3 cups (rotisserie)
- ☐ Cooked chicken breast, 2 cups
- ☐ Top sirloin steak, 1 lb
- ☐ Bacon, 8 slices

► Produce & Fresh

- ☐ Green beans, 12 oz bag
- ☐ Carrots (6–7)
- ☐ Parsley
- ☐ Red onions (2)
- ☐ Guacamole
- ☐ Pico de gallo
- ☐ Broccoli, 3 cups
- ☐ Yellow onion (1)
- ☐ Bell pepper (1)
- ☐ Shredded carrots, 1 cup
- ☐ Large cucumber (1)
- ☐ Spring mix, 1 cup

► Dairy & Refrigerated

- ☐ Whole milk ricotta, 15 oz tub
- ☐ Shredded mozzarella, 2–3 cups
- ☐ Cream cheese, 2 blocks (8 oz each)
- ☐ Shredded cheddar
- ☐ Sour cream
- ☐ Refrigerated pie crust (1 box)

► Frozen

- ☐ Garlic bread
- ☐ Vanilla ice cream
- ☐ Mixed vegetables, 1 lb
- ☐ Frozen dumplings

► Bread

- ☐ White sandwich bread

► Pantry Staples

- ☐ Lasagna noodles, 9–12 sheets
- ☐ Spaghetti sauce (1 jar)
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Dried minced onion
- ☐ Kinder's The Blend
- ☐ Brownie mix (1 box)
- ☐ Semi-sweet chocolate chips
- ☐ Chocolate syrup
- ☐ Cannellini beans (3 cans)
- ☐ Rotel (1 can)
- ☐ Corn (1 can)
- ☐ Diced green chilies (4 oz can)
- ☐ Chicken broth, 3–4 cups
- ☐ White chicken chili seasoning (1 pkt)
- ☐ Tortilla chips
- ☐ Salsa
- ☐ Cream of potato soup (1 can)
- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Boxed mac and cheese
- ☐ Apple cider vinegar
- ☐ Soy sauce, ½ cup
- ☐ Cornstarch
- ☐ Sesame oil
- ☐ Ground ginger
- ☐ White rice
- ☐ Mayonnaise
- ☐ Chips

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 | |