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 + Cheesecake Bars**	Mashed potatoes, corn + rolls
Monday	**Broccoli Cheddar Soup**	Ciabatta bread
Tuesday	**Shrimp Stir Fry**	Rice + dumplings
Wednesday	**Leftovers**	
Thursday	**Breakfast for Dinner**	Tater tot casserole, pancakes + eggs
Friday	**Crockpot French Dip**	Campfire potatoes
Saturday		

Meal-by-Meal Shopping Reference

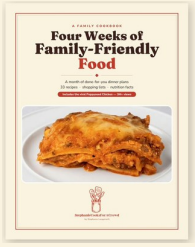
Complete shopping list is on the back →

▸ Sunday — Pork Chops + Cheesecake Bars

- ☐ Boneless pork chops (8)
- ☐ Cream of chicken soup (2 cans)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Instant mashed potatoes
- ☐ Canned corn
- ☐ Yeast rolls
- ☐ Graham crackers (2½ cups)
- ☐ Powdered sugar (1 cup)
- ☐ Cream cheese, 16 oz
- ☐ Whipped topping, 8 oz
- ☐ Cherry pie filling (2 cans)

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

Like this week? There are four more.



Scan for what's inside →

▸ Monday — Broccoli Cheddar Soup

- ☐ Yellow onion (1)
- ☐ Shredded carrots, 1 cup
- ☐ Broccoli, 3 cups
- ☐ Chicken broth (14–16 oz)
- ☐ Shredded cheddar (2½ cups)
- ☐ Grated Parmesan (1/3 cup)
- ☐ Heavy cream (½ cup)
- ☐ Cayenne pepper
- ☐ Ciabatta rolls

▸ Tuesday — Shrimp Stir Fry

- ☐ Shrimp, 1 lb
- ☐ Stir fry vegetables (1–2 bags)
- ☐ Yellow onions (2)
- ☐ Shredded carrots, 1 cup
- ☐ Broccoli (2 small heads)
- ☐ Green cabbage (½ head)
- ☐ Soy sauce
- ☐ Ground ginger
- ☐ Teriyaki sauce
- ☐ Jasmine rice
- ☐ Potstickers

▸ Thursday — Breakfast for Dinner

- ☐ Breakfast sausage, 1 lb
- ☐ Cream of chicken soup (1 can)
- ☐ Sour cream (½ cup)
- ☐ Shredded cheddar (2 cups)
- ☐ Tater tots, 2 lb
- ☐ Dried minced onion
- ☐ Garlic powder
- ☐ Pancake mix
- ☐ Vanilla
- ☐ Pancake syrup

▸ Friday — French Dip + Potatoes

- ☐ Chuck roast, 3–4 lb
- ☐ Yellow onions (2)
- ☐ Au jus gravy mix (1 packet)
- ☐ Better Than Bouillon beef
- ☐ Worcestershire sauce
- ☐ Cavender's Greek Seasoning
- ☐ Hoagie rolls (8)
- ☐ Swiss cheese (8 slices)
- ☐ Russet potatoes (4–5 large)
- ☐ Garlic powder

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Complete Shopping List

▶ Meat & Proteins

- ☐ Boneless pork chops (8)
- ☐ Shrimp, 1 lb
- ☐ Breakfast sausage, 1 lb
- ☐ Chuck roast, 3–4 lb

▶ Produce & Fresh

- ☐ Yellow onions (5)
- ☐ Shredded carrots, 2 cups
- ☐ Broccoli (3 heads)
- ☐ Green cabbage (½ head)
- ☐ Russet potatoes (4–5 large)

▶ Dairy & Refrigerated

- ☐ Cream cheese, 16 oz
- ☐ Shredded cheddar (4½ cups)
- ☐ Grated Parmesan (1/3 cup)
- ☐ Heavy cream (½ cup)
- ☐ Sour cream (½ cup)
- ☐ Swiss cheese (8 slices)

▶ Frozen

- ☐ Whipped topping, 8 oz
- ☐ Stir fry vegetables (1–2 bags)
- ☐ Potstickers
- ☐ Tater tots, 2 lb

▶ Bread & Grains

- ☐ Yeast rolls
- ☐ Ciabatta rolls
- ☐ Hoagie rolls (8)

▶ Pantry Staples

- ☐ Cream of chicken soup (3 cans)
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Cavender's Greek Seasoning
- ☐ Instant mashed potatoes
- ☐ Canned corn
- ☐ Graham crackers (2½ cups crushed)
- ☐ Powdered sugar (1 cup)
- ☐ Cherry pie filling (2 cans)
- ☐ Chicken broth (14–16 oz)
- ☐ Cayenne pepper
- ☐ Soy sauce
- ☐ Ground ginger
- ☐ Teriyaki sauce
- ☐ Jasmine rice
- ☐ Dried minced onion
- ☐ Pancake mix
- ☐ Vanilla
- ☐ Pancake syrup
- ☐ Au jus gravy mix (1 packet)
- ☐ Better Than Bouillon beef
- ☐ Worcestershire sauce

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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