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	**Poppy Seed Chicken + Pound Cake**	Fall veggies, broccoli + rolls
Monday	**Shepherd's Pie**	Homemade biscuits
Tuesday	**Jambalaya**	Black beans + French bread
Wednesday	**Leftovers**	
Thursday	**Roasted Red Pepper Pasta**	Texas toast garlic bread
Friday	**Homemade Pizza**	Build your own
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

▸ Sunday — Poppy Seed Chicken + Cake

- ☐ Chicken breasts (4–5)
- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Sour cream (1 cup)
- ☐ Poppy seeds
- ☐ Shredded cheddar (1½ cups)
- ☐ Ritz crackers (1–2 sleeves)
- ☐ Garlic powder
- ☐ Butternut squash (1)
- ☐ Sweet potatoes (3)
- ☐ Gold potatoes (3)
- ☐ Yellow onion (1)
- ☐ Kinder's The Blend
- ☐ Dried thyme
- ☐ Broccoli
- ☐ Hawaiian rolls
- ☐ Granny Smith apples (3)
- ☐ Chopped pecans (1 cup)
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Ground ginger
- ☐ Ground cloves
- ☐ Vanilla
- ☐ Shortening
- ☐ Powdered sugar (2–3 cups)

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

▸ Monday — Shepherd's Pie + Biscuits

- ☐ Ground beef, 2 lb
- ☐ Yellow onion (1)
- ☐ Shredded carrots, 1 cup
- ☐ Gold potatoes, 3 lb
- ☐ Heavy cream (½ cup)
- ☐ Worcestershire sauce
- ☐ Tomato paste
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Better Than Bouillon beef
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Dried parsley
- ☐ Shortening
- ☐ Cream of tartar

▸ Tuesday — Jambalaya

- ☐ Shrimp, 1 lb
- ☐ Smoked sausage, 1 lb
- ☐ Celery (2 stalks)
- ☐ Bell peppers (1–2)
- ☐ Yellow onion (1)
- ☐ White rice (2 cups)
- ☐ Chicken broth (4 cups)
- ☐ Cajun seasoning
- ☐ Worcestershire sauce
- ☐ Black beans (1 can)
- ☐ French baguette

▸ Thursday — Red Pepper Pasta

- ☐ Spaghetti (16 oz)
- ☐ Yellow onion (1)
- ☐ Roasted red peppers, 12 oz
- ☐ Chicken broth (1 cup)
- ☐ Kinder's Garlic & Herb
- ☐ Heavy cream (½ cup)
- ☐ Fresh spinach, 2 cups
- ☐ Grated Parmesan (½ cup)
- ☐ Dried parsley
- ☐ Frozen Texas toast

▸ Friday — Homemade Pizza

- ☐ Active dry yeast
- ☐ Tomato sauce
- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Shredded mozzarella
- ☐ Pepperoni



My cookbook has four more weeks.

Scan for what's inside →

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Complete Shopping List

▶ Meat & Proteins

- ☐ Chicken breasts (4–5)
- ☐ Ground beef, 2 lb
- ☐ Shrimp, 1 lb
- ☐ Smoked sausage, 1 lb
- ☐ Pepperoni

▶ Produce & Fresh

- ☐ Butternut squash (1)
- ☐ Sweet potatoes (3)
- ☐ Gold potatoes (3, plus 3 lb)
- ☐ Yellow onions (4)
- ☐ Broccoli
- ☐ Granny Smith apples (3)
- ☐ Shredded carrots, 1 cup
- ☐ Celery (2 stalks)
- ☐ Bell peppers (1–2)
- ☐ Fresh spinach, 2 cups

▶ Dairy & Refrigerated

- ☐ Sour cream (1 cup)
- ☐ Shredded cheddar (1½ cups)
- ☐ Heavy cream (1 cup)
- ☐ Grated Parmesan (½ cup)
- ☐ Shredded mozzarella

▶ Frozen

- ☐ Texas toast garlic bread

▶ Bread

- ☐ Hawaiian rolls
- ☐ French baguette

Other items:

▶ Pantry Staples

- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Poppy seeds
- ☐ Ritz crackers (1–2 sleeves)
- ☐ Garlic powder
- ☐ Kinder's The Blend
- ☐ Dried thyme
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Ground ginger
- ☐ Ground cloves
- ☐ Vanilla
- ☐ Chopped pecans (1 cup)
- ☐ Shortening
- ☐ Powdered sugar (2–3 cups)
- ☐ Worcestershire sauce
- ☐ Tomato paste
- ☐ Dried rosemary
- ☐ Better Than Bouillon beef
- ☐ Onion powder
- ☐ Dried parsley
- ☐ Cream of tartar
- ☐ White rice (2 cups)
- ☐ Chicken broth (5 cups)
- ☐ Cajun seasoning
- ☐ Black beans (1 can)
- ☐ Spaghetti (16 oz)
- ☐ Roasted red peppers, 12 oz jar
- ☐ Kinder's Garlic & Herb
- ☐ Active dry yeast
- ☐ Tomato sauce
- ☐ Italian seasoning

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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