



Meal Plan Week 2

Homemade Hamburger Helper + Chinese Chicken Salad + Chicken Parmesan with Spaghetti + Sweet & Spicy Slow Cooker Pulled Pork + Best Steak Fajitas + Bonus Cream Cheese Brownies



Monday



Tuesday



Wednesday



Thursday



Friday

Produce:

- Medium head Napa cabbage
- Grated carrots
- Sugar snap peas or snow peas
- Shelled edamame
- Green onion
- Fresh Cilantro (2)*
- Head of garlic*
- Fresh parsley*
- Fresh basil
- Peppers
 - Red, yellow, or orange peppers (2)
 - Green pepper (1)
- Large yellow onion
- Limes (2)
- Fresh ginger

Meat/Poultry/Fish:

- Lean ground beef (1 lb)
- Boneless skinless chicken breasts (4)*
- Skirt steak or flank steak (1-1.5 lbs)
- Boneless pork shoulder or pork butt (4-6 lbs)

Bread/Bakery:

- Brioche buns
- Fajita sized flour tortillas (8)

Pantry:

- Cavatappi pasta or macaroni noodles
- Spaghetti (12 oz)
- Flour
- Vanilla extract *
- Brown sugar*
- Cornstarch
- White sugar*
- Vegetable oil
- Vinegar
- Bittersweet chocolate (4 oz)
- Unsweetened chocolate (1 oz)
- Chocolate chips
- Soy sauce*
- Hoisin sauce*
- Sesame oil*
- Ramen noodles
- Chopped or slivered almonds
- Sesame seeds
- Mandarin oranges (15 oz)
- Olive oil*
- Honey
- Rice wine vinegar
- Whole peeled San Marzano Tomatoes (2 cans- 28 oz each)
- Flour
- Breadcrumbs
- Liquid smoke

Other:

- Pico de gallo
- Guacamole

Seasonings:

- Ground cumin*
- Garlic powder*
- Onion powder*
- Chili powder
- Kosher salt*
- Ground black pepper*
- Paprika *
- Salt
- Cayenne pepper*
- Bay leaves
- Dried oregano*
- Red pepper flakes
- Dried basil
- Chipotle or ancho chili powder

Dairy/Eggs:

- Milk
- Grated cheddar cheese
- Large eggs (6)*
- Freshly grated parmesan cheese
- Salted butter
- Low moisture whole milk mozzarella cheese (8 slices)
- Sour cream
- Package cream cheese (8oz)
- Grated cheese or queso fresco

*Ingredient is used for more than one recipe.