



Meal Plan Week 4

Bonus!



One-pan chicken, green bean, and potato + White chicken enchiladas + Lemon pasta + Easy Minestrone Soup + Classic Philly Cheesesteak Sandwiches + Bonus Lunch Lady Peanut Butter Bars



Monday



Tuesday



Wednesday



Thursday



Friday

Produce:

- Green beans (12 oz)
- Red or Yukon potatoes (1 lb)
- Green onion
- Cilantro
- Head of garlic*
- Lemons (2)
- Fresh basil
- Medium onion
- Large yellow onion
- Celery stalks (2)
- Large carrots (2)
- Zucchini (2)

Meat/Poultry/Fish:

- Boneless, skinless chicken breasts (1 lb)
- Cooked rotisserie chicken (3 cups)
- Mild Italian sausage casings removed (1 lb)
- Ribeye steak trimmed and sliced thin (2 lbs)

Bread/Bakery:

- Soft taco size flour tortillas (8-10)
- Hoagie rolls (4)

Pantry:

- Flour*
- Chicken broth (2 cups)
- Diced green chilies (4 oz can)
- 12 oz dried pasta (linguine, bucatini, spaghetti, or farfalle)
- Olive oil
- Dried pasta ditalini, farfalle, or shells
- Diced tomatoes (28 oz)
- White navy, cannellini or great northern beans (15 oz)
- Red kidney or pinto beans (15 oz)
- Beef broth (2 cups)
- Sugar*
- Light brown sugar
- Powdered sugar
- Vegetable oil or canola oil
- Mayonnaise
- Creamy peanut butter
- Old fashioned oats
- Baking soda
- Cocoa powder
- Vanilla extract

Seasonings:

- Dried oregano*
- Salt*
- Garlic powder
- Onion powder
- Dried parsley
- Freshly ground Black pepper*
- Dried basil*
- Ground thyme
- Celery salt
- Ground mustard seed
- Kosher salt*
- Ground cumin
- Crushed red pepper flakes*
- Dried thyme
- Dried rosemary
- Bay leaves
- Black Pepper

Dairy/Eggs:

- Shredded Monterey jack cheese
- Salted butter*
- Sour cream (1 cup)
- Heavy cream
- Freshly shredded parmesan cheese*
- Parmesan rind
- Mild provolone cheese (8 slices)
- Large eggs (2)
- Milk

*Ingredient is used for more than one recipe.