



Meal Plan Week 3

Huli Huli Chicken + Easy Tamale Pie Casserole + Easy Thai Peanut Sauce Noodles + Slow Cooker French Dip Sandwiches + Easy Chicken Cordon Bleu Casserole + Bonus Copycat Orange Julius + Cherry Pie Bars



Monday



Tuesday



Wednesday



Thursday



Friday

Produce:

- Ginger Root*
- Head of garlic*
- White onion
- Cilantro
- Avocado
- Scallions

Meat/Poultry/Fish:

- Boneless, skinless, chicken thighs (3-4 lbs)
- Beef chuck roast (2.5-3 lbs)
- Ground beef (1-1.5 lbs)
- Cooked rotisserie chicken
- Black forest ham (1/2 lb)

Bread/Bakery:

- Crusty rolls like ciabatta (6-8)

Other:

- Ice cubes
- Frozen orange juice concentrate (6 oz)
- Sriracha (optional)
- Sesame seeds (optional)

Pantry:

- Light Brown Sugar
- Ketchup
- Soy sauce*
- Pineapple juice
- Chicken Broth*
- Rice Vinegar*
- Sesame oil
- Vegetable oil
- Diced green chiles (4 oz can)
- Enchilada sauce (10 oz can)
- Jiffy cornmeal muffin mix (1 box 8.5 oz)
- Creamed corn (15 oz can)
- Honey
- Rice noodles (16 oz)
- Olive oil*
- Creamy peanut butter
- Roasted peanuts (1/4 cup)
- Dry onion soup mix (2 packages- 1 oz each)
- Beef broth (2 - 14.5 oz cans)
- All-purpose flour*
- Dijon mustard
- Panko breadcrumbs or sleeve crushed Ritz crackers
- White sugar
- Vanilla Extract
- Baking powder
- Cherry pie filling (2 - 21 oz cans)
- Powdered sugar
- Almond extract

Seasonings:

- Ground cumin
- Chili Powder
- Kosher salt*
- Fresh ground black pepper*
- Garlic powder
- Smoked paprika
- 1 envelope original Shake 'N Bake chicken seasoning mix
- Salt

Dairy/Eggs:

- Milk
- Large eggs (3)*
- Sour cream*
- Shredded cheese (2 cups)
- Sliced provolone cheese (6-8 slices)
- Salted butter*
- Swiss cheese (1/2 lb)
- Powdered parmesan cheese

*Ingredient is used for more than one recipe.