



Meal Plan Week 11

Roast Chicken Recipe + Mongolian Beef + Creamy Garlic Shrimp Pasta + Pepperoni Casserole (Pizza Bake Recipe) + Pork Schnitzel & Mushroom Gravy + Bonus German Apple Cake with Streusel Topping.



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Head of garlic (2)*
- Fresh rosemary
- Lemon (3)*
- Celery
- Fresh thyme
- Fresh ginger
- Green onions (1 bunch)
- Onion (4)*
- Zucchini
- Lemon juice*
- Mushrooms (24 oz)*
- Green bell pepper
- Fresh parsley
- Apples (5) Granny Smith, Jonathon, or honey crisp

Pantry:

- Cornstarch
- Vegetable oil*
- Low sodium soy sauce
- Bowtie pasta (1 box)
- Penne pasta (1 lb)
- Jar of roasted red peppers
- Marinara sauce (28 oz)
- Pizza sauce (8 oz)
- Panko breadcrumbs
- Beef broth (2.5 cups)
- Balsamic vinegar (optional)
- Flour*
- Brown sugar
- Granulated sugar
- Baking powder
- Pure vanilla extract
- Unsweetened applesauce

Seasonings:

- Kosher Salt
- Coarse ground black pepper
- Red pepper flakes*
- Salt*
- Black Pepper*
- Dried oregano*
- Dried basil
- Dried marjoram
- Dried thyme
- Dried rosemary
- Garlic powder
- Smoked paprika
- Ground cinnamon

Meat/Poultry/Fish:

- 4-6 lb whole chicken
- Flank steak sliced thin (1.5 lbs)
- Shrimp (1 lb)
- Lean ground beef (1 lb)
- Sweet Italian sausage (1/2 lb)
- Pepperoni (6 oz)
- Boneless pork loin chops (1 to 1.5 lbs)
- Slices of bacon (6)

Dairy/Eggs:

- Salted Butter*
- Heavy cream*
- Freshly grated parmesan cheese (1 cup)*
- Shredded mozzarella cheese (16 oz)
- Eggs (4)*

Bread/Bakery:

Other:

*Ingredient is used for more than one recipe.