



Meal Plan Week 13

BBQ Chicken Cobb Salad + Spinach and Ricotta Stuffed Shells + Easy Ground Beef Stroganoff + Butter Chicken + Miso Salmon + Caramel Pecan Brownies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Heads of romaine lettuce (2)
- Avocados (2)
- Roma tomatoes (3)
- Red onion
- Fresh basil
- Fresh spinach (1 lb)
- Fresh parsley
- Onion (2)*
- Head of garlic*
- White button or baby bella mushrooms (16 oz)
- Fresh ginger
- Fresh cilantro (optional garnish)
- Green onions (for garnish)

Dairy/Eggs:

- Sharp cheddar cheese grated (1.5 cups)
- Hard boiled eggs (6)
- Buttermilk
- Sour cream (1 cup)*
- Ricotta cheese
- Cream cheese (8 oz)*
- Mozzarella cheese shredded (3 cups)
- Freshly grated Parmesan cheese
- Greek yogurt
- Egg
- Milk
- Unsalted butter
- Heavy whipping cream
- Salted butter

Pantry:

- Jumbo pasta shells (20-24)
- Marinara sauce (1 28 oz jar)
- Plain tomato sauce (15 oz)
- Beef broth (2 cups)
- All-purpose flour
- White vinegar or apple cider vinegar
- Olive oil cooking spray
- Light olive oil
- Rice
- White miso
- Mirin
- Sake
- Soy sauce
- Sesame oil
- German chocolate cake mix
- Light brown sugar
- Evaporated milk (12 oz)
- Chopped pecans
- Unwrapped caramels
- Semisweet chocolate chips
- Powdered sugar

Bread/Bakery:

- Naan bread
Storebought or my Homemade Garlic Naan Bread

Seasonings:

- Dried dill
- Dried parsley
- Garlic powder*
- Kosher salt*
- Freshly ground black pepper
- Italian seasoning
- Salt*
- Black pepper*
- Garam masala
- Turmeric
- Red chili powder
- Coriander
- Cumin
- Cayenne pepper
- Fenugreek
- Sesame seeds

Meat/Poultry/Fish:

- 8 slices bacon
- BBQ Chicken cut into bite sized pieces (2 cups)
- Lean ground beef (1.5 lbs)
- Boneless skinless chicken breasts (1.5 lbs)
- Salmon fillets (4)

Other:

*Ingredient is used for more than one recipe.