



Meal Plan Week 20

Cheesy Breakfast Sliders + Ground Beef Taco Meat + Creamy Apricot Pork Chops + Meatloaf Hamburger Patties + Southern Fried Chicken + Bonus Apple Crisp



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Green onions (1 bunch)
- Small onion (1)
- Apples (7-8)
- Lemon

Meat/Poultry/Fish:

- Thinly sliced deli ham or leftover baked ham (9-12 slices)
- Ground beef (2 lbs)*
- Thin cut pork chops (1.5 lbs about 6)
- Whole chicken (4 lbs)

Bread/Bakery:

- Hawaiian Rolls (12 count package)

Pantry:

- Maple syrup
- Crispy French fried onions
- Tomato paste
- Cream of chicken soup (1 can)
- Apricot halves in heavy syrup (1 can)
- Wide egg noodles (6 cups)
- Saltine crackers (about 12)
- Ketchup
- Light brown sugar*
- Tabasco sauce
- Vegetable oil for frying
- All purpose Flour*
- Cornstarch
- Granulated sugar
- Vanilla extract
- Rolled oats (not quick oats)

Other:

- Taco shells or tortillas and toppings to serve with the taco meat.

Seasonings:

- Kosher salt*
- Black pepper*
- Sesame seeds
- Poppy seeds
- Chili powder
- Cumin
- Salt
- Smoked paprika
- Oregano*
- Onion powder*
- Black pepper
- Ground coriander
- Garlic powder*
- Crushed red pepper
- Chipotle chili powder
- Paprika
- Cayenne pepper
- Ground cinnamon

Dairy/Eggs:

- Eggs (11)*
- Salted butter*
- Sour cream
- Cheddar cheese (10-12 slices)
- Buttermilk

*Ingredient is used for more than one recipe.