



Meal Plan Week 26

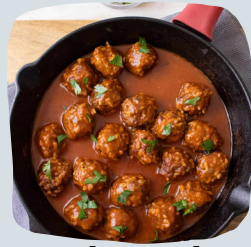
Hawaiian Teriyaki Chicken Skewers + Cheesy Chicken Tortilla Soup + Porcupine Meatballs + TikTok Baked Feta Pasta + Chicken Broccoli Rice Casserole + Bonus Brownie Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Head of garlic*
- Ginger minced
- Red bell pepper (2)*
- Yellow bell pepper
- Green bell pepper
- Red onion
- Pineapple
- Yellow onion (3)*
- Avocado (opt topping)
- Fresh parsley
- Cherry tomatoes (2 pints 20 oz)
- Fresh basil
- Broccoli (4 cups)

Meat/Poultry/Fish:

- Boneless skinless chicken breasts (6 lbs)*
- Lean ground beef (1 lb)

Other:

- Frozen corn
- Pico de Gallo (opt topping)
- Metal or wooden skewers

Pantry:

- Soy Sauce
- Brown sugar*
- Pineapple juice
- Rice vinegar
- Sesame oil (opt.)
- Cornstarch
- Olive oil*
- Diced green chilies (4 oz can)
- Chicken broth (11 cups)*
- Fire-roasted diced tomatoes (14 oz can)
- Red enchilada sauce (10 oz)
- Black beans (15 oz)
- Long grain rice
- Worcestershire sauce
- Canola oil
- Condensed tomato soup (15 oz can)
- Beef broth (1 cup)
- Rigatoni, cavatappi, penne, farfalle or similar pasta (8-10 oz)
- Flour*
- Panko bread crumbs
- Vanilla extract
- Unsweetened cocoa powder
- Baking soda
- Semisweet chocolate chips
- Walnuts
- Powdered sugar

Seasonings:

- Ginger
- Kosher salt*
- Black pepper*
- Sesame seeds (opt.)
- Salt*
- Chili powder
- Ground cumin
- Smoked paprika
- Chipotle chili powder
- Dried oregano
- Garlic powder
- Onion powder
- Red pepper flakes (opt.)
- Poultry seasoning

Dairy/Eggs:

- Cream cheese (4 oz)
- Shredded pepper jack cheese (1 cup)
- Shredded cheddar cheese (1 cup)
- Salted butter*
- Sour cream*
- Eggs (3)*
- Feta cheese (8 oz block)
- Milk
- Shredded sharp cheddar cheese (2 cups)
- Parmesan cheese

Bread/Bakery:

- Corn tortillas (12)

*Ingredient is used for more than one recipe.