



Meal Plan Week 28

Cajun Chicken Sandwiches + Idaho Finger Steaks + Copycat Costco Mac and Cheese + Amazing Sausage and Rice Casserole + French Onion Pork Chops + Bonus M&M Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

Produce:

- Lettuce
- Tomato
- Red onion
- Medium yellow onion (4)*
- Bell peppers (2 any color)
- Head of garlic
- Fresh parsley (for garnish)
- Fresh thyme (8 sprigs)

Meat/Poultry/Fish:

- boneless skinless chicken breast (4)
- Beef sirloin or cube steak cut into strips (1 lb)
- Smoked sausage (1 lb)
- Boneless pork chops (4)

Bread/Bakery:

- Hamburger Buns (4-6)

Pantry:

- Olive oil*
- Mayonnaise
- Worcestershire sauce
- All-purpose flour*
- Vegetable oil for frying
- Cavatappi pasta (1 lb)
- Long grain white rice
- Chicken broth (2 cups)
- Diced tomatoes with green chilies (14 oz can)
- Beef broth
- Balsamic vinegar
- Light brown sugar
- Granulated sugar
- Vanilla extract
- Cornstarch
- Baking soda
- Milk chocolate M&M's (2 cups)
- Milk chocolate chips

Other:

- Frozen peas

Seasonings:

- Cajun seasoning
- Kosher salt*
- Ground black pepper
- Garlic powder*
- Onion powder
- Smoked paprika
- Salt*
- Pepper*
- Paprika*
- Dried oregano
- Thyme

Dairy/Eggs:

- Sliced Pepper jack or Monterey Jack Cheese (4 slices)
- Buttermilk
- Salted Butter*
- Cream (1 cup)
- Milk
- Egg (1)
- White cheddar cheese (3.5 cups)
- Gruyere cheese grated (3 cups)*
- Romano cheese grated (3/4 cup)
- Parmesan cheese grated (1/2 cup)
- Medium cheddar cheese (1/2 cup)
- Sharp cheddar cheese (1 cup)
- Sliced provolone cheese (4 slices)

*Ingredient is used for more than one recipe.