



# Meal Plan Week 31

Creamy Sausage Gnocchi + Beef Steak Pie + New Jersey Italian Hot Dogs + Yakitori Chicken + Best Buttermilk Pancakes  
+ Bonus S'mores Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Yellow onion (3)\*
- Head of garlic\*
- Fresh spinach
- Fresh basil
- Celery (1 rib)
- Carrots (3-4 full size)
- Yukon Gold Potato (1 lb)\*
- Button mushrooms (8 ozs)
- Fresh rosemary
- Green, red, or yellow bell pepper (1)
- Fresh ginger
- Green onions (2 bunches)

## Meat/Poultry/Fish:

- Italian Sausage (1 lb)
- Chuck steak (2 lbs)
- Beef hot dogs (4)
- Boneless, skinless chicken thigh meat (2 lbs)

## Bread/Bakery:

- Italian bread rolls or make pizza rolls to be even more authentic (4)

## Pantry:

- Olive oil\*
- Uncooked potato gnocchi (16 oz)
- Chicken broth
- Crushed tomatoes (28 oz can)
- All-purpose flour\*
- Vegetable shortening
- Beef broth (3 cups)
- Granulated sugar\*
- Active dry yeast or instant yeast (2 1/4 tsp)
- Bread flour (3.5 to 4 cups)
- Yellow mustard
- Soy sauce
- Mirin
- Sake or dry sherry
- Brown sugar\*
- Granulated sugar\*
- Baking powder
- Baking soda\*
- Vanilla extract
- Cornstarch
- Mini marshmallows
- Graham crackers
- Milk chocolate chips
- Semisweet chocolate chips
- Hershey's bars (2)

## Seasonings:

- Italian seasoning
- Crushed red pepper flakes\*
- Kosher salt\*
- Freshly ground black pepper\*
- Dried oregano\*
- Dried thyme
- Salt\*

## Dairy/Eggs:

- Heavy cream (1 cup)
- Freshly grated parmesan cheese (1/2 cup)
- Salted Butter (1 cup + 9 Tbs)\*
- Egg (5)\*
- Buttermilk

## Other:

\*Ingredient is used for more than one recipe.