



# Meal Plan Week 32

Creamy Chicken Noodle Casserole + All-American Hamburger with Crispy Onion Strings & Burger Sauce + Chicken Alfredo Stuffed Shells + Broccoli Cheddar Soup + BBQ Pulled Pork Nachos + Bonus No-Bake Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Yellow onion (3)\*
- Head of garlic\*
- Green leaf lettuce
- Tomatoes
- Broccoli (1/2 lb about 3 cups)
- Carrots (1-2)
- Red onion
- Cilantro
- Lime

## Meat/Poultry/Fish:

- Cooked or shredded or rotisserie chicken (1.5 lbs)
- Ground chuck or ground beef 80%-85% lean (2 lbs)
- Rotisserie Chicken (1.5 cups)
- Pulled pork (3 cups about 1 lb)

## Bread/Bakery:

- High quality hamburger buns like brioche or french buns (4-6)

## Pantry:

- Cream of chicken soup (2- 10.5 oz cans)
- Egg noodles ( 8 oz, 1/2 package)
- Ritz crackers
- Oil for frying
- All purpose flour\*
- Mayonnaise (1/2 cup)
- Ketchup
- Sweet pickle relish
- White vinegar
- Worcestershire sauce
- Jumbo pasta shells (8 oz)
- Chicken broth
- Tortilla chips
- Black beans (1 can)
- BBQ Sauce
- Granulated sugar
- Unsweetened cocoa powder
- Creamy peanut butter
- Quick oats (3 cups)
- Vanilla

## Other:

- Frozen mixed vegetables (2 cups or 12 oz bag)
- Pico de gallo
- Guacamole

## Seasonings:

- Salt\*
- Black pepper\*
- Red pepper flakes\*
- Onion powder\*
- Garlic powder\*
- Dried thyme
- Seasoned salt
- Dried Italian seasoning
- Kosher salt\*

## Dairy/Eggs:

- Sour cream\*
- Milk\*
- Freshly grated cheddar cheese (2 cups)
- Salted butter\*
- Eggs (2)
- Buttermilk
- Sliced medium or sharp cheddar cheese (4-6 slices)
- Full fat ricotta cheese (1 cup)
- Freshly grated parmesan cheese
- Freshly grated mozzarella cheese (1/3 cup)
- Heavy cream
- Half-and-half or whole milk (2 cups)
- Grated sharp cheddar cheese (6 cups)\*

\*Ingredient is used for more than one recipe.