



# Meal Plan Week 34

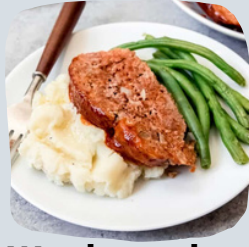
Chicken Broccoli Pasta + Macadamia Nut Crusted Mahi Mahi + Instant Pot Meatloaf and Mashed Potatoes + Spinach Artichoke Chicken + Old-Fashioned Vegetable Beef Soup + Bonus Chocolate Marshmallow Cookies



Monday



Tuesday



Wednesday



Thursday



Friday



Bonus!

## Produce:

- Onion (2)\*
- Head of garlic\*
- Broccoli florets (1 lb 3 cups)
- Lemon
- Lime
- Parsley
- Yukon gold potatoes (2.5 lbs)
- Spinach leaves (3 cups)
- Potato (1 large or 2 small)

## Meat/Poultry/Fish:

- Boneless, skinless chicken breasts (3 lbs)\*
- 4 Mahi mahi filets (6 oz each)
- Ground beef (2 lb)\*
- Italian sausage mild or spicy (1/2 lb)

## Bread/Bakery:

## Pantry:

- Olive oil
- All-purpose flour\*
- Chicken broth (2 cups)\*
- Penne pasta (8-12 oz)
- Toasted pine nuts (opt.)
- Coconut milk (1 cup)
- Dry roasted and salted macadamia nuts (2 cups)
- Panko breadcrumbs\*
- Tomato sauce (8 oz)
- Worcestershire sauce
- Ketchup
- Yellow mustard
- Brown sugar
- Marinated artichoke hearts (12 oz)
- Mayonnaise
- Tomato paste
- Beef broth (4 cups)
- Diced tomatoes (14 oz can)
- Granulated sugar
- Vanilla extract
- Natural unsweetened cocoa powder
- Baking powder
- Marshmallow fluff
- Powdered sugar

## Seasonings:

- Kosher salt\*
- Black pepper\*
- Italian seasoning
- Red pepper flakes
- Dried Italian seasoning
- Salt\*

## Dairy/Eggs:

- Salted butter\*
- Heavy cream (1/2 cup)\*
- Milk\*
- Freshly grated parmesan cheese (1 1/2 cup)\*
- 4 Eggs
- Sour cream\*
- Mozzarella cheese grated (8 oz)

## Other:

- Frozen mixed vegetables (12 oz bag)

\*Ingredient is used for more than one recipe.