

MEAL PLAN

WEEK 2 • MENU + GROCERY LIST

Night 1 [Sloppy Joes + KFC Coleslaw](#)**Night 2** [Chicken and Noodles](#) + [Garlic Roasted Broccoli](#)**Night 3** Leftovers or eat out**Night 4** [Oven Baked Pork Chops](#) + [Candied Carrots](#)**Night 5** [Baked Ravioli](#) + [Italian Cucumber Salad](#)**Night 6** [French Toast](#) + [Breakfast Sausage](#)**Night 7** Open night**Sweet** [Caramel Apple Dump Cake](#)The small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- ☐ 3 medium yellow onions ^{1 2}
- ☐ 1 green bell pepper ¹
- ☐ 4 cups chopped green cabbage or 8-oz slaw mix ¹
- ☐ 2-lb bag carrots ^{1 4}
- ☐ 24 oz fresh broccoli florets ²
- ☐ 2 large cucumbers ⁵
- ☐ 1 pint cherry tomatoes ⁵
- ☐ 1 lb seedless grapes ⁶
- ☐ 1 Tbsp minced garlic ²

MEAT

- ☐ 1 lb lean ground beef ¹
- ☐ 2 cups cooked shredded chicken ²
- ☐ 4 boneless pork chops ¹ inch thick ⁴
- ☐ 12 breakfast sausage links ⁶

DAIRY, EGGS + BREAD

- ☐ 6 hamburger buns ¹
- ☐ 8 slices Texas toast bread ⁶
- ☐ 4 eggs ⁶
- ☐ 1 cup heavy cream ⁶
- ☐ 2 Tbsp whole milk ¹
- ☐ 2 Tbsp buttermilk ¹
- ☐ 3 cups shredded mozzarella ⁵
- ☐ 3 Tbsp shredded Parmesan ^{2 5}
- ☐ 3 sticks unsalted butter ^{2 4 6 D}

CANS, JARS + PASTA

- ☐ 1 (15-oz) can tomato sauce ¹
- ☐ 4 cups chicken broth ²
- ☐ 2 (10.5-oz) cream of chicken soup ²
- ☐ 3 cups uncooked egg noodles ²
- ☐ 1 cup dry white rice ⁴
- ☐ 25 oz cheese ravioli fresh or frozen ⁵
- ☐ 25 oz marinara sauce ⁵
- ☐ 2 (20-oz) cans apple pie filling ^D
- ☐ 15 oz yellow cake mix ^D

OPTIONAL EXTRAS

- ☐ 4 frozen garlic toasts ravioli night ⁵
- ☐ ½ cup chopped pecans dump cake ^D
- ☐ 1 pint vanilla ice cream ^D
- ☐ Extra Parmesan broccoli ²
- ☐ Fresh parsley ^{4 5}
- ☐ Potato chips instead of coleslaw ¹

Notes

CHECK YOUR PANTRY

- ☐ Olive oil 6 Tbsp
- ☐ Mayonnaise ¼ cup
- ☐ Worcestershire sauce 2 Tbsp
- ☐ White vinegar ½ tsp
- ☐ Italian dressing 1 cup
- ☐ Caramel sauce ½ cup
- ☐ Maple syrup ½ cup
- ☐ All-purpose flour ¼ cup
- ☐ Granulated sugar 3 Tbsp + 2 tsp
- ☐ Light brown sugar ½ cup + 2½ Tbsp
- ☐ Vanilla extract 1 Tbsp
- ☐ Garlic powder 2 Tbsp + 2 tsp
- ☐ Ground cinnamon 1½ tsp
- ☐ Ground mustard + paprika ½ tsp each
- ☐ Italian seasoning 1 Tbsp
- ☐ Salt + black pepper
- ☐ Cooking spray + foil