

## MEAL PLAN

WEEK 3 • MENU + GROCERY LIST

**Night 1** Simple Chili + Cornbread Muffins**Night 2** Baked Chicken Cutlets, Mashed Potatoes + Green Beans**Night 3** Leftovers or eat out**Night 4** Ham Casserole + Roasted Brussels Sprouts**Night 5** Loaded Baked Potato Soup + Broccoli Crunch Salad**Night 6** Biscuits and Sausage Gravy + Fried Pears**Night 7** Open night**Sweet** Pumpkin Sheet CakeThe small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

## PRODUCE

- ☐ 5½ lb russet potatoes <sup>2 5</sup>
- ☐ 12 oz Brussels sprouts <sup>4</sup>
- ☐ 2½ cups broccoli florets <sup>5</sup>
- ☐ 4 ripe pears <sup>6</sup>
- ☐ 1 small yellow onion <sup>4</sup>
- ☐ 1 small red onion <sup>5</sup>
- ☐ 2 cloves garlic <sup>4</sup>

## MEAT

- ☐ 1 lb ground beef <sup>1</sup>
- ☐ 1½ lb boneless, skinless chicken breasts <sup>2</sup>
- ☐ 2 cups chopped ham (ham steak or leftover) <sup>4</sup>
- ☐ 4 slices thick-cut bacon <sup>5</sup>
- ☐ 1 lb ground breakfast sausage <sup>6</sup>

## OPTIONAL EXTRAS

- ☐ Chili toppings: cheddar, corn chips, sour cream <sup>1</sup>
- ☐ Green onions or chives <sup>2 5</sup>
- ☐ Fresh parsley <sup>2</sup>
- ☐ Poppy seeds (ham casserole) <sup>4</sup>
- ☐ ¾ cup chopped pecans (cake) <sup>D</sup>

Notes

## DAIRY + EGGS

- ☐ 8 eggs <sup>1 2 D</sup>
- ☐ Half-gallon whole milk (uses about 5 cups) <sup>1 2 5 6 D</sup>
- ☐ 2 cups buttermilk <sup>6</sup>
- ☐ ¼ cup heavy whipping cream <sup>5</sup>
- ☐ ¼ cup half and half <sup>4</sup>
- ☐ 16 oz sour cream <sup>2 4 5</sup>
- ☐ ¼ cup plain Greek yogurt <sup>5</sup>
- ☐ 2 cups shredded Swiss cheese <sup>4</sup>
- ☐ 3–4 thick slices American cheese <sup>1</sup>
- ☐ ¼ cup grated Parmesan <sup>2 5</sup>
- ☐ 2 Tbsp crumbled goat cheese <sup>5</sup>
- ☐ 2 lb salted butter (uses 6¾ sticks) <sup>2 4 6 D</sup>
- ☐ 1 stick unsalted butter <sup>1</sup>

## CANS, JARS + PASTA

- ☐ 2 (14-oz) cans chili beans <sup>1</sup>
- ☐ 1 (14–15-oz) can tomato sauce <sup>1</sup>
- ☐ 1 (15-oz) can creamed corn <sup>1</sup>
- ☐ 2 (14.5-oz) cans cut green beans <sup>2</sup>
- ☐ 1 (10.5-oz) can cream of mushroom soup <sup>4</sup>
- ☐ 1 (15-oz) can pumpkin puree (not pie filling) <sup>D</sup>
- ☐ 8 oz egg noodles <sup>4</sup>
- ☐ ¼ cup chicken broth <sup>5</sup>
- ☐ ½ cup real bacon bits <sup>2 5</sup>

## CHECK YOUR PANTRY

- ☐ All-purpose flour 4 cups + 2 Tbsp
- ☐ Self-rising flour 4 cups
- ☐ Granulated sugar 2 cups
- ☐ Light brown sugar ½ cup
- ☐ Powdered sugar 4 cups
- ☐ Honey ½ cup
- ☐ Italian bread crumbs 1 cup
- ☐ Vegetable oil ½ cup • Olive oil 2 Tbsp
- ☐ Mayonnaise ¼ cup
- ☐ Dried cranberries + sliced almonds ¼ cup each
- ☐ Ranch seasoning ½ packet
- ☐ Baking powder + baking soda
- ☐ Vanilla extract 5 tsp
- ☐ Cinnamon + pumpkin pie spice
- ☐ Cumin 2 Tbsp
- ☐ Garlic powder, onion powder, celery seed
- ☐ Lemon pepper + seasoning salt
- ☐ Salt, kosher salt, black pepper
- ☐ Cooking spray, parchment, foil