

MEAL PLAN

WEEK 4 • MENU + GROCERY LIST

Night 1 Sausage Tortellini Soup + Italian Bread**Night 2** Chicken Drumsticks, Air Fryer Potatoes + Pea Salad**Night 3** Leftovers or eat out**Night 4** Walking Taco Casserole + Corn Casserole**Night 5** Pulled Pork Sliders + Dr. Pepper Baked Beans**Night 6** Sausage and Egg Casserole + Orange Fluff Salad**Night 7** Open night**Sweet** Sock it to Me CakeThe small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- ☐ 3 sweet onions ^{1 4 5}
- ☐ 1 small red onion ²
- ☐ 2 carrots ¹
- ☐ 4 cloves garlic ¹
- ☐ 2 cups fresh spinach ¹
- ☐ 1½ lb mini gold potatoes ²
- ☐ 1 tomato ⁴
- ☐ 1 cup shredded lettuce ⁴
- ☐ 1 Tbsp fresh rosemary or 1 tsp dried ²

MEAT

- ☐ 16 oz mild Italian sausage ¹
- ☐ 8 chicken drumsticks ²
- ☐ 1 lb ground beef ⁴
- ☐ 4 cups cooked pulled pork a tub from the deli ⁵
- ☐ 1 lb breakfast sausage ⁶
- ☐ 1 lb thick-cut bacon ^{2 5}

OPTIONAL EXTRAS

- ☐ Jalapeños + extra sour cream taco casserole ⁴
- ☐ 1 cup cottage cheese orange fluff ⁶
- ☐ ½ tsp red pepper flakes ^{1 5}
- ☐ Fresh parsley ²
- ☐ Crushed pineapple or extra pecans ^{6 D}

Notes

DAIRY, EGGS + BREAD

- ☐ 18 eggs uses 15 1 6 **D**
- ☐ 1½ cups heavy cream ¹
- ☐ 1½ cups milk + 2 Tbsp ^{6 D}
- ☐ 24 oz sour cream ^{2 4 D}
- ☐ 4 oz cream cheese ⁴
- ☐ 2¼ cups grated Parmesan ^{2 5}
- ☐ 2½ cups shredded cheddar ^{2 6}
- ☐ 1 cup Colby Jack + 1 cup Mexican blend ⁴
- ☐ 9 slices provolone ⁵
- ☐ 8 oz whipped topping ⁶
- ☐ 8 oz crescent dough sheet ⁶
- ☐ 12 Hawaiian slider buns ⁵
- ☐ 3¼ sticks salted butter ^{2 4 5}
- ☐ 2 sticks unsalted butter for the cake **D**
- ☐ 1 loaf Italian bread if not baking it ¹

CANS, JARS + FROZEN

- ☐ 6 cups chicken broth ¹
- ☐ 16 oz cheese tortellini ¹
- ☐ 1 packet taco seasoning ⁴
- ☐ 1 (4.5-oz) can green chilis ⁴
- ☐ ½ cup southwest corn ⁴
- ☐ 1 (14.75-oz) can cream-style corn ⁴
- ☐ 2 (15-oz) cans whole kernel corn ⁴
- ☐ 1 (8.5-oz) box Jiffy corn muffin mix ⁴

CANS, JARS + FROZEN cont.

- ☐ 2 (28-oz) cans baked beans ⁵
- ☐ ¾ cup Dr. Pepper ⁵
- ☐ 1 cup barbecue sauce ⁵
- ☐ 1 (10-oz) bag frozen peas ²
- ☐ 2 cups mini tater tots ⁶
- ☐ 4 cups Frito corn chips ⁴
- ☐ 30 oz canned mandarin oranges ⁶
- ☐ 1 (3-oz) box orange gelatin ⁶
- ☐ 1 (3.4-oz) box instant vanilla pudding ⁶
- ☐ 2 cups mini marshmallows ⁶

CHECK YOUR PANTRY

- ☐ All-purpose flour 3 cups + 3 Tbsp
- ☐ Granulated sugar 2½ cups
- ☐ Light brown sugar ½ cup + ⅓ cup
- ☐ Powdered sugar 1 cup
- ☐ ¼ cup chopped pecans for the cake
- ☐ Olive oil 3 Tbsp
- ☐ Mayonnaise 2 Tbsp
- ☐ Worcestershire + Dijon mustard
- ☐ Apple cider vinegar 1½ tsp
- ☐ Vanilla extract 3 tsp
- ☐ Ground cinnamon 1½ tsp
- ☐ Italian seasoning 2 tsp
- ☐ Garlic powder 1½ Tbsp + 2 tsp
- ☐ Baking soda ½ tsp
- ☐ Sesame seeds + cayenne
- ☐ Salt, kosher salt, black pepper
- ☐ Cooking spray, parchment, foil
- ☐ Equipment: air fryer, Dutch oven, cast-iron skillet, two 9×13 pans, 8×8 dish