

MEAL PLAN

WEEK 5 • MENU + GROCERY LIST

Night 1 [Chicken and Dumplings + Wilted Lettuce](#)

Night 2 [Smothered Pork Chops](#), [Stick of Butter Rice](#) + [Air Fryer Carrots](#)

Night 3 Leftovers or eat out

Night 4 [Stuffing Meatloaf](#) + [Party Potatoes](#)

Night 5 [Ham and Beans + Hush Puppies](#)

Night 6 [Salmon Patties](#) + [Broccoli Casserole](#)

Night 7 Open night

Sweet [Hot Fudge 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 yellow onions 2 4 6
- ☐ 1 bunch green onions 4
- ☐ 1 head leaf lettuce about 28 leaves 1
- ☐ 2 lb carrots 2
- ☐ 8 oz sliced brown mushrooms 2
- ☐ 1 head garlic + jarred minced 1 2 4 6
- ☐ 1 lemon 6

MEAT + FISH

- ☐ 2 lb boneless, skinless chicken breasts 1
- ☐ 4 boneless pork chops ½–¾ inch 2
- ☐ 1 lb lean ground beef 4
- ☐ 2 cups diced ham a ham steak works 5
- ☐ 1 smoked ham hock 5
- ☐ 1 package bacon for ½ cup grease 1
- ☐ 15 oz canned salmon 6

OPTIONAL EXTRAS

- ☐ Vanilla ice cream for the cake **D**
- ☐ Fresh flat-leaf parsley 2 6
- ☐ Extra sharp cheddar casserole top 6
- ☐ A pan of cornbread instead of frying 5

Notes

DAIRY + EGGS

- ☐ 1 dozen eggs uses 8 4 5 6 **D**
- ☐ ¾ cup half and half 1
- ☐ ½ cup heavy cream 2
- ☐ 16 oz sour cream 4
- ☐ 1 cup buttermilk uses ¾ cup 5
- ☐ 3 cups shredded cheddar 4 6
- ☐ 1 lb salted butter uses 1½ sticks 1 2 4 5 6
- ☐ 1 stick unsalted butter + 2 Tbsp 2 **D**
- ☐ ½ cup milk **D**

CANS, JARS + FROZEN

- ☐ 15 cups chicken broth four 32-oz cartons 1 2 5
- ☐ 5 (15-oz) cans great northern beans 5
- ☐ 1 (10-oz) can French onion soup 2
- ☐ 1 (10-oz) can beef broth 2
- ☐ 2 (10.5-oz) cans cream of chicken soup 4 6
- ☐ 1 cup long-grain white rice 2
- ☐ 1 (6-oz) box Stove Top stuffing 4
- ☐ 2 lb frozen southern-style hashbrowns 4
- ☐ 3 cups frozen steamable broccoli 6
- ☐ ¾ cup ketchup 4
- ☐ 1 bag cheddar + sour cream ruffle chips 4
- ☐ 1 sleeve saltine crackers 6
- ☐ 1 box Cheez-Its 6
- ☐ ½ cup yellow cornmeal 5

CHECK YOUR PANTRY

- ☐ All-purpose flour about 5 cups
- ☐ Granulated sugar 1 cup
- ☐ Brown sugar ½ cup
- ☐ Unsweetened cocoa powder 6 Tbsp
- ☐ Vegetable oil about 3 cups, for frying
- ☐ Olive oil 3 Tbsp • Canola oil 2 Tbsp
- ☐ Mayonnaise ½ cup
- ☐ Worcestershire sauce ½ cup
- ☐ Maple syrup 2 Tbsp • Honey 1 Tbsp
- ☐ Cornstarch 1 Tbsp, optional
- ☐ Baking powder + baking soda
- ☐ Vanilla extract 1½ tsp
- ☐ Ground cinnamon
- ☐ Onion powder, garlic powder, paprika
- ☐ Old Bay + Italian seasoning
- ☐ Dried basil, minced onions, bay leaves, cayenne
- ☐ Salt, kosher salt, black pepper
- ☐ Cooking spray + foil
- ☐ Equipment: air fryer, Dutch oven, deep skillet, 9×13, 8×8, loaf pan, 8×8