

MEAL PLAN

WEEK 6 • MENU + GROCERY LIST

Night 1 Poppy Seed Chicken Casserole + Air Fryer Asparagus**Night 2** Salisbury Steak + Cheesy Hashbrowns**Night 3** Leftovers or eat out**Night 4** Fried Catfish, Black-Eyed Peas + Cheddar Biscuits**Night 5** Crock Pot Pork Chops + Candied Yams**Night 6** Mac and Cheese with Ham + salad**Night 7** Open night**Sweet** Apple Dapple CakeThe small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- ☐ 1 bundle asparagus ¹
- ☐ 1 lemon ¹
- ☐ 1 head garlic + jarred minced ^{1 4}
- ☐ 8 oz sliced mushrooms ²
- ☐ 1 yellow onion ⁴
- ☐ 2 lb sweet potatoes ⁵
- ☐ 1 large orange zest + juice ⁵
- ☐ 4 Granny Smith apples for 3 cups **D**
- ☐ 1 bag green salad ⁶

MEAT + FISH

- ☐ 4 cups cooked chicken a rotisserie bird ¹
- ☐ 1 lb ground beef ²
- ☐ 2 lb catfish fillets ⁴
- ☐ 6 slices bacon ⁴
- ☐ 3-4 lb boneless pork chops ⁵
- ☐ 1½ cups diced ham a ham steak works ⁶

OPTIONAL EXTRAS

- ☐ Vanilla ice cream for the cake **D**
- ☐ Chopped walnuts ½ cup **D**
- ☐ Parmesan cheese asparagus ¹
- ☐ Fresh parsley ^{2 4}

Notes

DAIRY + EGGS

- ☐ 16 oz sour cream ^{1 2}
- ☐ 1 lb unsalted butter uses 3¼ sticks ^{1 2 4 5 6 D}
- ☐ 1 dozen eggs uses 4 ^{2 D}
- ☐ ½ gallon whole milk ^{4 6}
- ☐ 1 pint heavy cream ^{6 D}
- ☐ 1 quart buttermilk catfish soak ⁴
- ☐ 18 oz shredded cheddar about 4½ cups ^{2 4 6}
- ☐ ½ cup shredded mozzarella ⁴
- ☐ 1 cup shredded Colby Jack ⁶

CANS, JARS + FROZEN

- ☐ 3 (10.5-oz) cans cream of chicken soup ^{1 5}
- ☐ 1 (10.5-oz) can cream of mushroom soup ⁵
- ☐ 1 (10.5-oz) can cheddar cheese soup uses half ²
- ☐ 1 (26-oz) bag frozen hashbrowns ²
- ☐ 2 (32-oz) cartons chicken broth ⁴
- ☐ 1 lb dried black-eyed peas ⁴
- ☐ 2 packets brown gravy mix ²
- ☐ 1 large sleeve Ritz crackers ¹
- ☐ 1 jar dill pickles 2 Tbsp juice ⁴
- ☐ 2 cups elbow macaroni ⁶
- ☐ 1 box Bisquick uses 2½ cups ⁴
- ☐ 1 packet ranch seasoning mix ⁵

CHECK YOUR PANTRY

- ☐ All-purpose flour about 3½ cups
- ☐ Granulated sugar about 2½ cups
- ☐ Brown sugar about 1½ cups
- ☐ Vegetable oil 1 cup + oil for frying
- ☐ Olive oil • Cooking oil
- ☐ Fine-ground yellow cornmeal 1½ cups
- ☐ Bread crumbs ¼ cup
- ☐ Mayonnaise ¼ cup • Ketchup
- ☐ Worcestershire sauce 3 tsp
- ☐ Apple cider vinegar • Dijon mustard
- ☐ Vanilla extract about 3 Tbsp total
- ☐ Baking soda
- ☐ Poppy seeds 1 Tbsp
- ☐ Cinnamon, nutmeg, pumpkin pie spice
- ☐ Garlic powder, onion powder, Italian seasoning
- ☐ Old Bay, seasoned salt, smoked paprika
- ☐ Crushed red pepper flakes
- ☐ Salt, black pepper, garlic salt
- ☐ Cooking spray
- ☐ Equipment: air fryer, slow cooker, 9×13, deep skillet, baking sheet, large pot