

MEAL PLAN

WEEK 7 • MENU + GROCERY LIST

Night 1 [Chicken Pot Pie](#) + green salad**Night 2** [Smothered Cube Steak](#) + [Fried Potatoes](#)**Night 3** Leftovers or eat out**Night 4** [Panko Crusted Cod](#) + [Macaroni and Tomatoes](#)**Night 5** [Slow Cooker Ham](#) + [Sweet Potato Crunch](#)**Night 6** [Beanie Weenies](#) + [Homemade Biscuits](#)**Night 7** Open night**Sweet** [Texas Sheet Cake](#)The small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- ☐ 1 sweet onion ¹
- ☐ 2 large yellow onions ²
- ☐ 1 bunch celery ¹
- ☐ 4 red potatoes ²
- ☐ 2 lb sweet potatoes half pan ⁵
- ☐ 1 lemon ⁴
- ☐ 1 head garlic ²
- ☐ Fresh parsley ^{2 4}
- ☐ 1 bag green salad ¹

MEAT + FISH

- ☐ 3 cups cooked chicken a rotisserie bird ¹
- ☐ 1½ lb cube steak about 4 pieces ²
- ☐ 1 lb cod filets ⁴
- ☐ 3–4 lb spiral-cut ham precooked ⁵
- ☐ 14 oz all-beef hot dogs ⁶

OPTIONAL EXTRAS

- ☐ Vanilla ice cream for the cake ^D
- ☐ Green onions fried potatoes ²
- ☐ Extra lemon for the cod ⁴

Notes

DAIRY + EGGS

- ☐ 2 lb butter uses about 6¼ sticks ^{1 2 4 5 6 D}
- ☐ 1 dozen eggs uses ^{5 1 5 6 D}
- ☐ 1 pint half and half ^{1 5}
- ☐ 1 cup buttermilk uses ¾ cup ⁶
- ☐ ½ pint whole milk icing ^D
- ☐ 8 oz sour cream uses ½ cup ^D
- ☐ Grated parmesan 1 Tbsp ⁴
- ☐ Stick of margarine 2½ Tbsp ⁶

CANS, JARS + FROZEN

- ☐ 1 (32-oz) carton chicken broth ^{1 4}
- ☐ 1 (32-oz) carton beef broth low sodium ²
- ☐ 2 refrigerated pie crusts 14.1-oz box ¹
- ☐ 1 cup frozen peas and carrots ¹
- ☐ 1 (14.5-oz) can petite diced tomatoes ⁴
- ☐ 1½ cups elbow macaroni half batch ⁴
- ☐ 1 (20-oz) can pineapple chunks in juice ⁵
- ☐ 3 (16-oz) cans baked beans ⁶
- ☐ ½ cup panko crumbs ⁴
- ☐ ½ cup chopped pecans ⁵
- ☐ 1 cup chopped walnuts icing, optional ^D
- ☐ ½ cup maple syrup ⁵

CHECK YOUR PANTRY

- ☐ All-purpose flour about 5 cups
- ☐ Granulated sugar 2 cups
- ☐ Brown sugar ¾ cup + 1½ cups dark brown
- ☐ Powdered sugar 4 cups
- ☐ Cocoa powder about ⅔ cup
- ☐ Cooking oil about 5 Tbsp
- ☐ Honey 1 Tbsp
- ☐ Worcestershire • Dijon mustard
- ☐ Apple cider vinegar 1 tsp
- ☐ Vanilla extract about 4 tsp
- ☐ Baking powder + baking soda
- ☐ Mrs. Dash Table Blend 2 tsp
- ☐ Dried thyme, basil, parsley
- ☐ Cinnamon + nutmeg
- ☐ Garlic powder, onion powder, chili powder
- ☐ Smoked paprika, cayenne, red pepper flakes
- ☐ Salt, kosher salt, black pepper
- ☐ Cooking spray
- ☐ Equipment: slow cooker, deep skillet, sheet pan, 9×13, pie dish