EASY WEEKLY

MEAL PLAN

WEEK 8 · MENU + GROCERY LIST

Night 1	Chicken and Rice Casserole + green beans
Night 2	Crock Pot Turkey, Dressing + Green Bean Casserole
Night 3	Leftovers or eat out
Night 4	Chili Mac + cornbread *(Halloween)*
Night 5	School Pizza + green salad
Night 6	Lemon Pepper Salmon + Butternut Squash
Night 7	Open night
Sweet	Milky Way Cake

The small numbers show which night an item is for. **D** is dessert. Skipping a night? Skip anything marked with that number.

PRODUCE

- [ ] **1½ lb baby potatoes** yellow 2
- [ ] **2 carrots + 1 bunch celery** 2 4
- [ ] **3 onions** 1 yellow, 1 sweet, 1 red 2 4
- [ ] **1 green bell pepper** 4
- [ ] **1 head garlic** 2
- [ ] **1 lemon** zest + juice 6
- [ ] **3 cups butternut squash** buy pre-cut 6
- [ ] **Rosemary, thyme, parsley** fresh 2 6
- [ ] **Green onions** 4
- [ ] **1 bag green salad** 5

MEAT + FISH

- [ ] **1½ lb chicken thighs** boneless skinless 1
- [ ] **3 lb turkey breast** boneless skinless 2
- [ ] **1 lb ground beef** 4
- [ ] **1 lb Italian sausage** 5
- [ ] **4 salmon filets** 4–5 oz, skin-on 6
- [ ] **4 slices bacon** 2

OPTIONAL EXTRAS

- [ ] **Vanilla ice cream** for the cake D
- [ ] **Extra Milky Way bars** for the top D
- [ ] **Lemon slices** for the salmon 6
- [ ] **Cornbread** for Night 4 4

Notes

DAIRY + EGGS

- [ ] **1 lb unsalted butter** uses 2½ sticks D
- [ ] **1 dozen eggs** uses 5 2 D
- [ ] **½ gallon milk** 2 D
- [ ] **½ cup shredded parmesan** 1
- [ ] **2½ cups shredded mozzarella** 5
- [ ] **16 oz shredded cheddar** about 3½ cups 2 4 5
- [ ] **1 can pizza dough** 13.8 oz 5

CANS, JARS + FROZEN

- [ ] **2 cans cream of mushroom soup** one is 10.5-oz 1 2
- [ ] **1 can cream of chicken soup** 1
- [ ] **2 (32-oz) cartons chicken broth** 1 2
- [ ] **2 cups vegetable broth** 4
- [ ] **1 can kidney beans + 28 oz diced tomatoes** 4
- [ ] **6 oz tomato paste** pizza sauce 5
- [ ] **3 cans green beans** 2 french style, 1 regular 1 2
- [ ] **1½ cups french fried onions** 2
- [ ] **4½ cups elbow macaroni** 4
- [ ] **1¼ cups white rice** raw 1
- [ ] **1–2 boxes Jiffy corn muffin mix** need 4 cups crumbled 2
- [ ] **For the cake:** 8 Milky Way bars, 6 oz chocolate chips, 14-oz condensed milk, 1 cup marshmallow cream, 1 cup pecans D

CHECK YOUR PANTRY

- [ ] **All-purpose flour** 2½ cups
- [ ] **Granulated sugar** 2 cups
- [ ] **Powdered sugar** 2½ cups
- [ ] **Cornmeal** ¼ cup, pizza crust
- [ ] **Cornstarch** 2 Tbsp, turkey gravy
- [ ] **Olive oil** about 7 Tbsp
- [ ] **Vanilla extract** 2 tsp
- [ ] **Baking soda**
- [ ] **Rubbed sage** 1 Tbsp, dressing
- [ ] **Cinnamon** 1 tsp, squash
- [ ] **Chili powder + cumin**
- [ ] **Oregano, basil, rosemary, Italian seasoning**
- [ ] **Garlic powder, onion powder, smoked paprika**
- [ ] **Sea salt, kosher salt, black pepper**
- [ ] **Cooking spray**
- [ ] **Equipment:** slow cooker, air fryer, sheet pan, 9×13, large pot

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