

Menu Plan #3

This weekly meal plan includes 5 meals, 1 salad, 1 dessert, and side dish suggestions. Click on the link in this PDF to go directly to the online recipe.

Recipes

- Meal: [Cheesy Beef and Rice](#) (serve with this week's salad)
- Meal: [Glory Bowls](#)
- Meal: Rotisserie Chicken (serve with mashed potatoes and steamed vegetables)
- Meal: [Loaded Chicken Tostadas](#) (using leftover rotisserie chicken)
- Meal: [Chicken in Basil Cream Sauce](#) (serve with steamed vegetables)
- Salad: [Strawberry Spinach Salad with Poppyseed Dressing](#)
- Dessert: [Strawberry Banana "Ice Cream"](#)



Shopping List:

Meat/Alternatives:

- 1 Rotisserie Chicken
- 1 lb ground beef
- 4 Chicken Breasts
- 1 package firm Tofu (or Chicken)

Produce:

- 2lbs Strawberries
- Beets
- Carrots
- Spinach
- 2 Avocados
- Garlic
- Tomatoes
- Romaine lettuce
- 1 Lime
- Bananas
- Broccoli or cauliflower
- Potatoes

Dairy:

- 2 cups Sour Cream
- Cheddar cheese
- Parmesan cheese
- Milk
- Butter
- 2 Cups Whipping Cream

Pantry Staples:

- Long Grain Brown Rice
- Sliced Almonds
- Nutritional Yeast Flakes
- Cider vinegar
- Soy Sauce or Tamari
- Grapeseed oil/olive oil
- Tahini Paste
- Garlic Powder
- Onion Powder
- 6 Tostada shells
- 1 can refried beans
- 1 can diced tomatoes with chilies
- Salt & Pepper
- Chili powder
- Cumin
- Italian bread crumbs

- Dried basil
- 1 cup chicken broth
- Sugar
- Red Wine Vinegar
- Honey
- Poppy Seeds