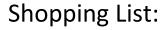
## Menu Plan #4

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: <u>Hamburger soup</u> (serve with whole grain buns)
- Meal: Roast Beef with potatoes and carrots (serve with this week's salad)
- Meal: Roast beef sandwiches (Use leftover roast and serve on buns with raw veggies)
- Meal: Chicken Caesar Wraps (serve with raw veggies)
- Meal: Parmesan Garlic Spaghetti (serve with leftover chicken and this week's salad)
- Salad: Broccoli Slaw with Pecans and Cranberries
- Dessert: Mini Fruit Pizzas



#### Meat

- o 2-3lb beef roast
- o 1 lb ground beef
- o 4 Chicken Breasts

#### **Produce:**

- Onions
- 1 red onion
- Garlic
- Potatoes
- 1 bag baby Carrots
- Romaine lettuce
- o Broccoli
- Tomato
- Fresh parsley
- Strawberries, kiwi, blueberries...etc.

#### Dairy:

- 1/2 cup Sour Cream
- Cream cheese
- o Parmesan cheese
- o Milk
- Butter

### **Pantry Staples:**

- o 3 1/2 cups Beef broth
- 1 can diced Tomatoes
- 1 can Tomato Soup
- Worcestershire sauce
- Italian seasoning
- Bay leaf
- 2 packs Brown Gravy
  Mix
- Croutons
- Caesar salad dressing
- Soft tortilla shells
- 1 package spaghetti
- Salt & Pepper
- Red Pepper Flakes (optional)
- Maple syrup
- Toasted pecans
- Dried cranberries
- 1 Package Sugar CookieDough (Pillsbury)
- o Powdered sugar

## Frozen:

RINTABLE

**AND GROCERY LIST** 

1 bag frozen mixed vegetables