

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: [Hamburger soup](#) (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](#)



Shopping List:

Meat

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

Produce:

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

Dairy:

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

Pantry Staples:

- 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 Cookie Dough (Pillsbury)
- Powdered sugar

Frozen:

- 1 bag frozen mixed vegetables