

Menu Plan #5

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: [Lemon Chicken Breasts](#) (serve with this week's salad and potatoes)
- Meal: [Creamy Chicken Quinoa and Broccoli Casserole](#)
- Meal: Beef Tacos (serve with beans, rice, tomatoes, cheese, guacamole...etc)
- Meal: [Slow Roasted Pork in the slow cooker](#) (serve with rice or pasta and steamed vegetables)
- Meal: [Olive Garden Fettuccine Alfredo](#) (serve with this week's salad)
- Salad: [Avocado Strawberry Spinach Salad with Poppyseed Dressing](#)
- Dessert: [Triple Berry Crumble](#)



Shopping List:

Meat

- 3-4 pound boneless pork butt or shoulder
- 1 lb ground beef
- 6 Chicken Breasts
- Bacon

Produce:

- 2 lemons
- Broccoli
- Baby Spinach
- Potatoes
- 1 pound strawberries
- Carrots
- Avocado
- Red onion
- Garlic

Dairy:

- Cream cheese
- Parmesan cheese
- Heavy cream
- 1 cup Butter
- Milk

Pantry Staples:

- Gruyere cheese
- Dried cranberries
- Salt
- Pepper
- Smoked paprika
- Oregano
- Cumin
- Olive oil
- 2 cups Chicken broth
- Poultry seasoning
- [Taco seasoning](#)
- Flour
- Quinoa
- Bay leaves
- Sage
- Rosemary
- Worcestershire sauce
- Brown sugar
- Dijon mustard
- Honey
- 1 cup Beer
- Garlic powder

- Fettuccine noodles
 - Sliced almonds
 - Apple cider vinegar
 - Poppyseeds
 - Ground dry mustard
 - Sugar
 - Old fashioned rolled oats
- ### Frozen:
- 4 cups frozen mixed berries