Menu Plan #7

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>Easiest Ever Orange Chicken</u> (serve with rice and steamed vegetables)
- Meal: Crock Pot Taquitos (serve with homemade oven fries)
- Meal: <u>Slow Cooker Pasta E Fagioli Soup</u> (serve with Whole grain bread)
- Meal: <u>Easy Pot Roast Crock Pot Recipe</u> (serve with this week's salad)
- Meal: Ranch Chicken (serve with this week's salad and steamed vegetables)
- Salad: Arugula Salad with Parmesan, Lemon and Olive Oil
- Dessert: Strawberry Brownie Dessert Kabob

Shopping List:

Meat

- o 10 chicken breasts
- \circ 1 pound ground beef
- 3 lbs Chuck Roast

Produce:

- o Broccoli
- o Onion
- Potatoes
- o Carrots
- o Celery
- o Fresh Baby Arugula
- o Lemon
- Strawberries

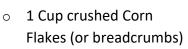
Dairy:

- o Parmesan Cheese
- o Butter
- 1 Block of Cream
 Cheese
- o Cheddar cheese

Pantry Staples:

- o Salt
- o Pepper
- BBQ Sauce

- Orange Marmalade
- Soy Sauce
- $\circ \quad \text{Olive oil} \quad$
- 1 Packet Taco Seasoning
- o 8 Flour Tortillas
- 28 ounce can crushed tomatoes
- 2 Cans Beef Broth
- o Bay leaves
- o Dried Oregano
- o Dried basil
- Dried Thyme
- o 1 can Cannellini Beans
- 1 can Red Kidney Beans
- 1 package Ditalini pasta
- o Rice
- o Garlic Powder
- o Onion Powder
- o Italian Seasoning
- 2 cups Beef stock or broth
- 1 Package Ranch dressing seasoning mix



- Large Marshmallows
- o Brownie Bites

RINTABLE

AND GROCERY LIST

- Semi Sweet Chocolate
 Chips
- Lollipop Sticks or Skewers