

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: [Easiest Ever Orange Chicken](#) (serve with rice and steamed vegetables)
- Meal: [Crock Pot Taquitos](#) (serve with homemade oven fries)
- Meal: [Slow Cooker Pasta E Fagioli Soup](#) (serve with Whole grain bread)
- Meal: [Easy Pot Roast Crock Pot Recipe](#) (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

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

Produce:

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

Dairy:

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

Pantry Staples:

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

- 1 Cup crushed Corn Flakes (or breadcrumbs)
- Large Marshmallows
- Brownie Bites
- Semi Sweet Chocolate Chips
- Lollipop Sticks or Skewers