

Menu Plan #8

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: [Worth Every Penne](#) (serve as is or with whole grain bread)
- Meal: [Taco Pizza](#) (serve as is)
- Meal: [Cheater Korean Beef](#) (serve over rice with stir fried vegetables)
- Meal: [Chili Rubbed Pork Chops with Lime Butter](#) (serve with this week's salad)
- Meal: [Double Crunch Honey Garlic Chicken](#) (serve with egg noodles and steamed vegetables)
- Salad: [Pomegranate Balsamic Vinaigrette](#)
- Dessert: [Slow Cooker Blueberry Peach Cobbler](#)



Shopping List:

Meat

- 6 chicken breasts
- 2 pounds ground beef
- 1 pound boneless pork chops

Produce:

- 3 cups fresh mushrooms
- Onion
- Red Pepper
- Green Pepper
- Baby Spinach
- Cherry Tomatoes
- Lettuce
- Broccoli/Carrots
- Lime
- Garlic

Dairy:

- 4 Eggs
- Butter
- 1 Block of Cream Cheese
- Sour cream

- Cheddar cheese
- Mozzarella cheese
- Feta cheese or Parmesan cheese

Pantry Staples:

- Salt
- Pepper
- Balsamic vinegar
- Pesto sauce
- Olive oil
- Penne pasta
- Honey
- 2 Tubes Refrigerated Crescent Rolls
- Taco Seasoning
- Brown sugar
- Soy Sauce
- Ground ginger
- Cumin
- Paprika
- Chili Powder
- Nutmeg
- Thyme
- Sage

- Flour
- Dijon mustard
- Vanilla extract
- Baking powder
- Cinnamon

Frozen:

- 4 cups frozen peaches
- 2 cups frozen blueberries