

# Menu Plan #10

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: [Roasted Lemon Garlic Chicken](#) (serve with rice and steamed vegetables)
- Meal: Picnic Day! [Best Ever Chicken Salad Sandwiches](#) (serve with this week's salad)
- Meal: [Avocado Toast](#) (serve with chips)
- Meal: [The Best Baked Beans](#) (serve with raw/steamed veggies)
- Meal: [Parmesan Garlic Spaghetti](#) (serve with this week's salad and leftover Lemon Garlic Chicken)
- Salad: [Black Bean and Corn Salad](#)
- Dessert: [No Bake Summer Berry Icebox Cake](#)



## Shopping List:

### Meat

- 16 Slices turkey breast
- 3 - 4 lbs of chicken parts
- 1 1/2 pounds ground beef
- 6 - 8 slices of bacon

### Produce:

- Garlic
- Onion
- Fresh Parsley
- Fresh Dill
- Seedless grapes
- Celery
- 3 Scallions
- 1 lemon
- 2 avocados
- 1 Tomato
- 1 Red bell pepper
- 1 lime
- Strawberries
- Blueberries
- Broccoli/Carrots

### Dairy:

- Parmesan cheese
- 1 brick of Cream cheese
- Milk
- Butter

### Pantry Staples:

- Salt
- Pepper
- Graham cracker crumbs
- 2 packages vanilla instant pudding
- White chocolate chips
- Mayonnaise
- 2 cans pork and beans
- BBQ sauce
- Ketchup
- Spicy brown mustard
- Worcestershire sauce
- Soy sauce
- Brown sugar
- 1 can black beans
- Ground cumin

- Hot sauce

- Olive oil

- 8 Slices of bread

- Seasoning salt

- Chips

- Dijon mustard

- Spaghetti

### Frozen:

- 1 tub of Cool Whip
- Frozen corn kernels