

weekly MEAL PLAN

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Soup or Salad Monday

[Southwest Vegetarian Salad](#)

Mexican Tuesday

[Sour Cream Chicken Enchiladas](#)

Mix It Up or Slow
Cooker Wednesday

[Slow Cooker Teriyaki Chicken Sliders](#)

Pasta or Pizza Thursday

[Baked Ham & Cheese Pasta Casserole](#)

Grill It Up Friday

[Orange Rosemary Grilled Salmon](#)

Leftover Night or
Eat Out

Take the Night Off

Comfort Sunday

[3 Packet Pot Roast](#)

more...

Snack

[Crunchy Taco Snack Mix](#)

Dessert

[Birthday Ice Cream Pie](#)

shopping LIST

M (Serves 6-8)

2 heads romaine lettuce
1 can black beans
1 can corn
1 pint grape tomatoes
1 cup shredded Mexican cheese blend
1/2 cup Ranch Dressing
1 tablespoon Chipotle Seasoning (store bought or homemade)
A few sprigs of cilantro, opt

T (Serves 6-8)

2 cups cooked and shredded chicken
1 can cream of chicken soup
1 (4 oz) can diced green chilis
1 medium onion,
1 tsp garlic powder
16 oz cheddar cheese blend, grated
18 corn tortillas
1 pint sour cream

W (Serves 6-8)

4 boneless skinless chicken breasts
1/2 cup soy sauce (or Tamari or Liquid Aminos)
1/2 cup sugar
1/2 tsp ginger, freshly grated
1 clove garlic, minced
2 tablespoons mirin
2 tablespoons cornstarch
12 sweet Hawaiian rolls, slider size
1 can crushed pineapple, drained well
1 red onion, thinly sliced
12 lettuce leaves

Th (Serves 6-8)

1 box (16 oz) dry pasta (macaroni, shells, penne)
4 tbs butter
3 tbs flour
1 tbs minced garlic
1 tsp onion powder
1 1/2 cups milk
2 cups sharp shredded cheddar cheese
1 1/2 - 2 cups diced ham
1 -2 cups crushed cheese crackers (Goldfish, Cheez-It, Better Cheddars)
Garnish: sliced green onions (optional)

F (Serves 4)

2 salmon fillets (6 ounces each)
1/2 teaspoon garlic powder
2 sprigs fresh rosemary roughly chopped
2 large oranges
2 cedar planks

Su (Serves 6-8)

3 pound chuck roast (any roast will work)
1 packet ranch salad dressing and seasoning mix
1 packet Italian salad dressing mix
1 packet steak seasoning (or homemade steak seasoning)
vegetables of choice, such as carrots, potatoes, onions

Birthday Ice Cream Pie

2 pints Cookies & Cream Ice Cream
1 chocolate cookie crust (store bought or homemade)
1 8 ounce container frozen fat-free whipped topping
1 small can whipped cream
8 chocolate sandwich cookies
rainbow sprinkles & candles, optional

Crunchy Taco Snack Mix

1/2 cup butter (regular or dairy free)
3 tsps chili powder
1 1/2 tsps ground cumin
3 cups Fritos
2 cups Bugles
1 cup cashews
1 cup pepitas

****Salt & Pepper not included in ingredient list****