

## 52 Weeks of No-Repeat Meal Plans: Week #18

| Week #18  | BREAKFAST                                     | LUNCH   | DINNER  | SNACK   |
|-----------|---|---|---|---|
| MONDAY    | <a href="#">Apple Oat Breakfast Cookies</a>   | <a href="#">Salad in Mason Jars</a>           | <a href="#">Pepper, Chicken and Pineapple Kabobs</a>  | Fresh Fruit with <a href="#">Cinnamon Fruit Dip</a> |
| TUESDAY   | <a href="#">Cinnamon Toast Blueberry Bake</a> |   | <a href="#">Grilled Picnic Nachos</a>                 |   |
| WEDNESDAY | <a href="#">Healthy Apple Spice Pancakes</a>  | <a href="#">California Caprese Sandwiches</a> | <a href="#">Slow Cooker Chicken Fiesta Soup</a>       | <a href="#">Peach Cobbler</a>                       |
| THURSDAY  | <a href="#">Blueberry Oatmeal Bread</a>       |   | <a href="#">Simple Cod</a> with Steamed Broccoli      |   |
| FRIDAY    |   | <a href="#">Cashew Chicken Soup with Kale</a> | <a href="#">Baked Smothered Pork Chops</a>            |   |
| SATURDAY  | <a href="#">Huevos Rancheros</a>              |   | <a href="#">One Pot Cheeseburger Casserole</a>        | <a href="#">White Chocolate Magic Cookie Bars</a>   |
| SUNDAY    |   |   | <a href="#">Buffalo Chicken Quinoa Zucchini Bites</a> |   |

Notes: \_\_\_\_\_

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## PRODUCE:

- Plum tomatoes, 6
- 1-2 Avocados
- Basil
- Onion
- Yellow onion, large
- Garlic
- Lime
- Cilantro
- Green onions
- Shredded lettuce
- 2-3 zucchini
- Celery
- Ginger
- Salad fixings- pick your favorite for mason jar salads
- 2 chayote squashes
- Kale, 1 bunch
- Apples, 3-4
- 2 ¼ to 2 ½ cups blueberries
- 6 peaches

## MEAT/POULTRY/FISH:

- 10 boneless, skinless chicken breast halves
- 2 chicken breast fillets, skinless
- 1 chicken breast
- Cod, 2 pounds
- 6 boneless pork chops
- Ground beef, 1.5 pounds
- Bacon

## DAIRY/REFRIGERATED:

- Mont Jack cheese, shredded, 2 cups
- Shredded cheddar cheese, 2 cups
- Mozzarella cheese, shredded
- Mozzarella balls, 2

- Eggs
- Milk
- Reduced fat cream cheese
- Blue cheese
- Non-fat Plain Greek yogurt
- Unsalted butter, ½ cup
- Eggs
- Low fat cream cheese

## BAKING AISLE/ SPICES:

- Ground ginger
- Chili powder
- Cumin
- Cayenne pepper
- Bread crumbs
- Balsamic vinegar
- Flour
- Whole wheat flour
- Oatmeal
- Sugar
- Baking powder
- Salt
- Pumpkin pie spice
- Lemon juice
- Ground flax seed
- Marshmallow fluff
- Cornstarch
- Sweetened condensed milk (14 ounces)
- Flaked coconut
- Slivered almonds or walnuts, 1 cup chopped

## BAKERY

- French baguette
- Bread

## CANNED/PACKAGED GOODS:

- Graham cracker crumbs
- Salsa
- Corn tortillas

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- Refried beans- 2 cans
- Applesauce
- Cashew or peanut butter
- Cashews or peanuts (crushed)
- Soy sauce
- 20 ounce can pineapple chunks
- Sherry
- Sesame oil
- Wooden skewers
- Tortilla chips
- 2- Black beans (19 ounce can)
- Kidney beans, 15 ounce
- Can chopped green chilies
- 1 4.5 ounce can diced greens chilies
- Chicken broth, 10 ½ cups
- Taco seasoning
- White wine
- Canned whole tomatoes, 28 ounces
- Can fire-roasted diced tomatoes
- Tomato sauce, 8 ounce
- Ketchup

- Dijon mustard
- Rotini pasta
- Pickles
- Quinoa
- Hot sauce

### FROZEN:

- Corn

### Snacks:

Fill up your days with snacks- pretzels, fruit, and fresh vegetables are great choices. Keep it varied so it doesn't get old!

### STAPLES- (keep on hand)

#### SPICES:

- ☐ Basil, dried
- ☐ Cinnamon
- ☐ Crushed Red Pepper
- ☐ Cumin
- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Ground mustard
- ☐ Nutmeg
- ☐ Oregano Flakes
- ☐ Parsley Flakes
- ☐ Pepper

- ☐ Pizza/Pasta seasoning (Italian seasoning)
- ☐ Salt

#### BAKING AISLE:

- ☐ Baking soda
- ☐ Baking powder
- ☐ Brown sugar
- ☐ Cocoa powder, unsweetened
- ☐ Cornstarch
- ☐ Flour
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ Powdered Sugar
- ☐ Sugar
- ☐ Vanilla, pure extract

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