

52 Weeks of No-Repeat Meal Plans: Week #17

Week #17	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Pamelita's Breakfast Burrito	Quick Chicken Parmigiana Panini	Sausage, Lentil and Kale Soup	Smores Ice Cream Sandwiches
TUESDAY			Turkey Stuffed Bell Peppers	Fresh Veggies with Dip
WEDNESDAY	Oatmeal Pancakes with Blueberry Compote	Tex-Mex Black Bean Rice Bowl	Easy Crescent Taco Bake	Rolled Banana Snacks
THURSDAY	Chocolate Banana Muffins		White Beans and Shrimp-	Fresh Fruit
FRIDAY	Breakfast Quinoa	Tostada Pizzas	Creamy Caprese Quinoa Bake	Chocolate Banana Bites
SATURDAY	Banana Oatmeal Breakfast Bars		Loaded Baked Potato Soup	Veggies and Cheese
SUNDAY			Wilted Salad and Apple Bacon Sliders	Fresh fruit

Notes: _____

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PRODUCE:

- Celery
- Yellow onion, 2
- Onion, 2 large
- Kale, 1 bunch
- 5-6 bell peppers (various colors)
- Cilantro
- Lettuce
- Tomato
- 20 ounces fresh spinach
- Garlic
- Grape tomatoes, 1/2 to 1 cup
- Basil, 1 bunch
- Baking potatoes, 6
- Chives
- Apple
- Red grapes
- Avocado
- Small potatoes, 4
- Blueberries, 5 ounces
- Lemon
- Bananas, big bunch (might need to get a second bunch later)
- Fresh fruit
- Veggies to eat with dip

MEAT/POULTRY/FISH:

- 8 ounces Italian sweet sausage
- 1 pound ground turkey
- 1 pound lean ground beef
- 1 pound uncooked, peeled shrimp
- Sausage links, 8
- Bacon, 12 slices
- 1 pound lean ground chicken
- Shredded chicken (use rotisserie or boil a chicken/pieces)- need 2 cups
- Pepperoni slices

DAIRY/REFRIGERATED:

- Heavy cream
- Monterey jack cheese slices, 8
- Pillsbury crescent rolls, 1 can
- Shredded Cheddar Cheese, 2 cups
- Heavy cream, 1 and 1/3 cup
- Parmesan cheese
- Mozzarella cheese
- Butter, unsalted sticks
- Eggs, 9
- American/Jack Cheese, 3 ounces
- Milk
- Coconut Milk, 1 cup
- Cheese for snacks, string, stick or chunks

BAKING AISLE/ SPICES:

- Celery seed
- Tarragon
- Oats
- Whole wheat pastry flour
- Natural cane sugar
- Kosher salt
- Maple syrup
- Lemon juice
- Granulated sugar
- Unsweetened baking cocoa
- Nuts, dried fruit, chocolate chips (choice of for breakfast quinoa topping)
- Vegetable oil
- Dark chocolate chips
- Chocolate chips
- Chia seeds, or nuts, coconut flakes, etc. for chocolate topping
- Marshmallow puff

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CANNED/PACKAGED GOODS:

- Red wine vinegar
- Peanut Butter, creamy
- Rice Crispy Cereal
- Graham crackers
- sprinkles
- Flour tortillas, 4 large
- Chicken stock/broth 4 quarts
- Lentils
- Tomato sauce, 1 cup
- Thick'n Chunky Salsa
- White beans, canned
- Quinoa
- Pasta sauce
- Tomato paste
- Honey
- Mayo
- Cashews, (to taste, so just a small amount)

- Brown rice
- Black beans, either dried or canned
- Salsa
- Tostadas
- Pizza sauce
- Pizza toppings (olives, anything else?)

FROZEN:

- Frozen bell pepper strips

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