








# Exclusive Weekly Menu Plan

From [Mel's Kitchen Café](#)

All of the underlined text below is hyperlinked to the recipe; click on the link and a browser will open up with the full recipe.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<a href="#">Sweet Balsamic Pork</a> (Slow Cooker or Instant Pot)  <a href="#">Cheesy Bacon and Garlic Smashed Red Potatoes</a>  <a href="#">Skillet Green Beans</a>  <a href="#">Buttermilk Drop Biscuits</a>	<a href="#">Slow Cooker Creamy Chicken and Wild Rice Soup</a>  Extra Buttermilk Drop Biscuit's from yesterday's meal	<a href="#">The Best Ground Beef Tacos</a>  Fresh Fruit + Veggies  <a href="#">Mexican Chopped Salad with Cilantro Lime Vinaigrette</a>	<a href="#">Pasta al Forno</a> (Baked Pasta with Tomatoes and Mozzarella)  <a href="#">Roasted Broccoli</a>	<a href="#">Cashew Chicken Lettuce Wraps</a>  Fresh Fruit + Veggies  <a href="#">Cilantro Lime Rice</a>	<a href="#">Ground Beef (or turkey) Stroganoff</a>  Rice/Noodles/Quinoa for serving  Simple steamed peas in the microwave (frozen peas in bowl, add 1/4 cup water, cover with saran wrap, microwave 4 minutes, uncover, stir, microwave 2 more minutes, season with salt, serve)	<a href="#">Homemade Pepperoni Pizza Rolls</a>  Throw-together Green Salad ( <i>from leftovers through the week - lettuce from tacos/lettuce wraps, cucumber from lettuce wraps, tomatoes from toppings, etc</i> )
Make a double batch of biscuits and serve with tomorrow's soup		Save at least 2 tablespoons cilantro for Thursday's rice				

Simple Breakfast, Lunch and Treat Ideas for the Week (ingredients not included in shopping list below):

<b>BREAKFAST:</b> <a href="#">Refrigerator Bran Muffins</a> <a href="#">Overnight Maple Brown Sugar Oatmeal</a> <a href="#">Oatmeal Pancake Mix</a>	<b>LUNCH:</b> <a href="#">Thai Chopped Salad</a> <a href="#">Chicken Caesar Salad Wrap</a> <a href="#">Smoked Turkey Club Panini</a>	<b>TREATS:</b> <a href="#">Chocolate Chip Treasure Cookies</a> <a href="#">Blender Banana Chocolate Chip Muffins</a> <a href="#">Chocolate Frosted Brownies</a>
--	---	--

## SHOPPING LIST

*(mark the items you don't currently have on hand; this list assumes you already have a few basics like salt, pepper, olive oil, baking powder, baking soda)*

### Fresh Produce

- ☐ Green onions (*cheesy smashed potatoes*)
- ☐ 1 pound fresh French cut green beans
- ☐ 2 medium heads broccoli (*roasted broccoli*)
- ☐ 1 pound carrots (*cashew lettuce wraps + wild rice soup*)
- ☐ Celery (*wild rice soup*)
- ☐ Bibb or green lettuce leaves (*cashew lettuce wraps + taco toppings*)
- ☐ 1 small cucumber (*cashew lettuce wraps + salad with pizza rolls?*)
- ☐ Tomatoes (*1 tomato cashew lettuce wraps + 1 tomato Mexican chopped salad + more for taco toppings and salad*)
- ☐ 1 medium jicama (*Mexican chopped salad*)
- ☐ 4 lime (*cilantro lime rice + Mexican chopped salad*)
- ☐ 1 bunch cilantro (*cilantro lime rice + Mexican chopped salad*)
- ☐ Avocados (*optional for Mexican chopped salad + taco toppings*)
- ☐ 8 ounces white button mushrooms (*stroganoff*)
- ☐ Fresh fruit + veggies (*side dishes*)
- ☐ 1 head fresh garlic (*1 clove sweet balsamic pork + 3-4 cloves lettuce wraps + 2 cloves pasta al forno + 2 cloves tacos + 1 clove stroganoff*)
- ☐ 6-8 red potatoes (*cheesy smashed potatoes*)
- ☐ 2 yellow onions (*cashew lettuce wraps + tacos + stroganoff*)

### Dairy/Refrigerated

- ☐ Butter (*2 tbsp cheesy smashed potatoes + 8 tbsp biscuits + 1 tbsp cilantro lime rice*)
- ☐ 4 ounces light cream cheese (*stroganoff*)

- ☐ Sharp cheddar cheese (*1-2 cups shredded cheesy smashed potatoes + 4 more ounces for Mexican chopped salad*)
- ☐ 16 ounces mozzarella cheese (*8 ounces pasta al forno + 8 ounces pizza rolls*)
- ☐ 4-6 ounces Parmesan cheese (*pasta al forno + pizza rolls*)
- ☐ Buttermilk (*1 cup biscuits*)
- ☐ Sour cream (*1/2 cup stroganoff + taco toppings*)
- ☐ Milk (*1 cup wild rice soup + 1/2 cup stroganoff*)

### Meat, Poultry, Fish

- ☐ 2 to 3 pounds boneless pork loin or sirloin roast (*sweet balsamic pork*)
- ☐ 6 slices turkey or regular bacon (*cheesy smashed potatoes*)
- ☐ 2 pound boneless, skinless chicken breasts or thighs (*1 pound cashew lettuce wraps + 1 pound wild rice soup*)
- ☐ 2 1/2 pounds ground beef or turkey (*tacos + stroganoff*)
- ☐ Pepperoni (*pizza rolls*)

### Baking/Spices

- ☐ Ground sage or poultry seasoning (*1 tsp. sweet balsamic pork + 1 teaspoon wild rice soup*)
- ☐ Dried parsley (*wild rice soup*)
- ☐ Bay leaf (*wild rice soup*)
- ☐ Cumin (*1/4 tsp cilantro lime rice + 2 tsp tacos*)
- ☐ Coriander (*2 tsp tacos*)
- ☐ Chili powder (*1 tbsp tacos*)
- ☐ Dried oregano (*1 tsp pasta al forno*)
- ☐ Dried basil (*1 tsp pasta al forno*)
- ☐ Brown sugar (*1/2 cup sweet balsamic pork*)

- ☐ Cornstarch (*1 tbsp sweet balsamic pork*)
- ☐ Flour (*2 cups biscuits + 1/3 cup wild rice soup + 3-4 cups pizza rolls + 3 tbsp stroganoff*)
- ☐ Cornmeal (*pizza rolls*)

### Pantry Items

- ☐ Balsamic vinegar (*1/4 cup sweet balsamic pork*)
- ☐ Red wine vinegar (*1/4 cup Mexican chopped salad*)
- ☐ Soy sauce (*2 tbsp sweet balsamic pork + 3 tbsp cashew wraps*)
- ☐ Pure maple syrup (*2 tbsp cashew lettuce wraps - can sub agave or honey*)
- ☐ Chicken broth (*3/4 cup green beans + 2 1/4 cups cilantro lime rice*)
- ☐ Beef broth, low-sodium (*2 cups stroganoff*)
- ☐ 1/2 cup chopped cashews (*cashew lettuce wraps*)
- ☐ 1 1/4 cups long grain or jasmine rice (*cilantro lime rice*)
- ☐ 1 cup wild rice blend (*wild rice soup*)
- ☐ Additional rice/quinoa/noodles for serving stroganoff
- ☐ 2 15-ounce cans diced tomatoes (*pasta al forno*)
- ☐ 8-ounce can tomato sauce (*tacos*)
- ☐ 1 can black beans (*mexican chopped salad*)
- ☐ Taco shells
- ☐ 1 pound penne pasta (*pasta al forno*)
- ☐ Pizza sauce (*jarred or homemade recipe [here](#)*)

### Frozen

- ☐ Frozen corn (*1/2 to 1 cup Mexican chopped salad + 3/4 cup wild rice soup*)
- ☐ Frozen peas