








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
						
<p>Perfect Pot Roast</p> <p>Roasted Garlic Mashed Potatoes (omit Parmesan, if desired)</p> <p>French Bread Rolls</p> <p>Favorite Spinach Salad</p> <p>Cheesecake Rice Pudding</p>	<p>Sloppy Joes</p> <p>Rolls from Sunday</p> <p>Fresh Fruit + Veggies</p> <p>Chips or crackers</p>	<p>Pesto and Marinara Mozzarella Chicken Bake</p> <p>Divine Breadsticks</p> <p>Skillet Green Beans</p>	<p>Slow Cooker White Bean Chicken Chili</p> <p>Tortilla Chips</p> <p>Other toppings (shredded cheese, avocados, etc)</p> <p>Cornbread</p>	<p>Skillet Swedish Meatballs over Rice or Egg Noodles</p> <p>Roasted broccoli</p>	<p>Black Bean and Sweet Potato Burritos (with leftover toppings from White Bean Chicken Chili)</p> <p>Honey Lime Fruit Salad</p>	<p>French Bread Pizza</p> <p>Throw-together Green Salad</p>
<p>Make extra rolls for Monday's meal</p>			<p>Save additional toppings for Friday's burritos (if desired)</p>			

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

BREAKFAST:	LUNCH:	TREATS:
<ul style="list-style-type: none"> Overnight Steel Cut Oats Whole Wheat Blender Pancakes Whole Grain Honey Bran Muffins 	<ul style="list-style-type: none"> Creamy Skillet Mac and Cheese Thai Chicken Wraps (use rice from Thursday's meal) Crispy Southwest Chicken Wraps (consider using rice from Thursday's meal and/or leftover filling from the Sweet Potato Burritos for these wraps) 	<ul style="list-style-type: none"> Monster Cookies Double Chocolate Chunk Muffins Chewy Funfetti Blondies

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

- 4 yellow onions (Pot Roast + Sloppy Joes + White Bean Chili)
- 2 red onion (Spinach Salad + Burritos)
- 2 heads of garlic (Pot Roast + Mashed Potatoes + White Bean Chili)
- 1 pound large carrots (Pot Roast)
- Poblano or green bell pepper (White Chili)
- Red pepper (Burritos)
- Jalapeno (Burritos)
- 5 pounds Yukon Gold potatoes (Potatoes)
- 2 medium sweet potatoes (Burritos)
- 1 pound fresh green beans (Green Beans)
- 2 large heads broccoli (Roasted Broccoli)
- 1 bunch cilantro (White Bean Chili + Burritos)
- 16 ounces baby spinach (Spinach Salad)
- Lettuce and other ingredients (cucumber, tomatoes, etc) for Throw-together Green Salad
- 2 Honeycrisp apples (Spinach Salad)
- 2 Limes (White Bean Chili + Burritos + use zest for Fruit Salad)
- Strawberries (Fruit Salad)
- Green grapes (Fruit Salad)
- 2-3 Kiwi (Fruit Salad)

Dairy/Refrigerated

- 1 pound butter (Pot Roast + Mashed Potatoes + Breadsticks + Cornbread)
- Milk (Rice Pudding + Mashed Potatoes + Cornbread + Meatballs)
- Half-and-half (4 cups Rice Pudding)
- Feta cheese (1 cup Spinach Salad)
- Cream cheese (8 ounces Rice Pudding)
- Sour cream (topping White Bean Chili + 1/2 cup Meatballs)

- Mozzarella cheese (about 1 to 2 cups shredded Pesto Bake + more for Pizza)
- Parmesan cheese (2 ounces Pizza)
- 4 ounces Cheddar Cheese (topping White Bean Chili + Burritos)
- 4 ounces Monterey Jack Cheese (topping White Bean Chili + Burritos)
- Eggs (1 Rice Pudding + 2 Cornbread + 1 Meatballs)

Meat, Poultry, Fish

- 3 to 5 pound chuck roast (Pot Roast)
- Bacon (6 slices Spinach Salad)
- 3 1/2 to 4 pounds lean ground beef or turkey (Sloppy Joes + Swedish Meatballs)
- 3 1/2 pounds boneless, skinless chicken breasts (Pesto Bake + White Bean Chili)
- Pepperoni (French Bread Pizza)

Baking/Spices

- Allspice (Pot Roast + Meatballs)
- Nutmeg (Meatballs)
- Dried thyme (Pot Roast)
- Bay leaves (Pot Roast)
- Cayenne pepper (Spinach Salad)
- Cumin (White Bean Chili + Burritos)
- Dried Oregano (White Bean Chili)
- Chili Powder (White Bean Chili + Burritos)
- All-purpose flour (Pot Roast Gravy + French Bread Rolls + Breadsticks + Cornbread)
- Cornmeal (1/2 cup Cornbread)
- Bread crumbs, panko or regular (1/3 cup Meatballs)
- Instant yeast (French Bread Rolls + Breadsticks)

- Sugar (French Bread Rolls + Rice Pudding + Cornbread)
- Canola or other oil (Rolls + Cornbread)
- Walnuts or pecans (1 cup Spinach Salad)
- Powdered sugar (Rice Pudding)
- Honey (Fruit Salad)

Pantry Items

- 8-ounce can tomato sauce (Pot Roast)
- Tube of tomato paste (2 tbsp Sloppy Joes)
- Low-sodium beef broth (3 cups Pot Roast + 3 cups Meatballs)
- Chicken broth (3/4 cup Green Beans + 4 cups White Bean Chili)
- Worcestershire sauce (Pot Roast + Sloppy Joes)
- BBQ sauce (2/3 cup Sloppy Joes)
- Soy sauce (1/4 cup Sloppy Joes)
- Dried cranberries (1 cup Spinach Salad)
- Red wine vinegar (1/4 cup Spinach Salad)
- Dijon mustard (1-2 teaspoons, Spinach Salad)
- Medium grain rice (2 cups Rice Pudding)
- Rice or Egg Noodles (serve with Meatballs)
- Chips or crackers (for Sloppy Joe meal)
- Tortilla chips (White Bean Chili)
- Jarred (or refrigerated) Pesto (1/4 to 1/2 cup Pesto Bake)
- 32 oz. marinara/pasta sauce (Pesto Bake)
- 20 ounces pineapple chunks (Fruit Salad)
- 15 ounces mandarin oranges (Fruit Salad)
- Great Northern Beans (2 cans White Bean Chili)
- Black Beans (1 can Burritos)
- Burrito-size Tortillas (Burritos)
- French bread loaf (Pizza)
- Pizza sauce (or use [homemade recipe here](#))