

# 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><a href="#">Sweet Balsamic Pork</a> (Slow Cooker or Instant Pot)</p> <p><a href="#">Cheesy Bacon and Garlic Smashed Red Potatoes</a></p> <p><a href="#">Skillet Green Beans</a></p> <p><a href="#">Buttermilk Drop Biscuits</a></p>	<p><a href="#">Slow Cooker Creamy Chicken and Wild Rice Soup</a></p> <p>Extra Buttermilk Drop Biscuit's from yesterday's meal</p>	<p><a href="#">The Best Ground Beef Tacos</a></p> <p>Fresh Fruit + Veggies</p> <p><a href="#">Mexican Chopped Salad with Cilantro Lime Vinaigrette</a></p>	<p><a href="#">Pasta al Forno</a> (Baked Pasta with Tomatoes and Mozzarella)</p> <p><a href="#">Roasted Broccoli</a></p>	<p><a href="#">Cashew Chicken Lettuce Wraps</a></p> <p>Fresh Fruit + Veggies</p> <p><a href="#">Cilantro Lime Rice</a></p>	<p><a href="#">Ground Beef (or turkey) Stroganoff</a></p> <p>Rice/Noodles/Quinoa for serving</p> <p>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)</p>	<p><a href="#">Homemade Pepperoni Pizza Rolls</a></p> <p>Throw-together Green Salad (from leftovers through the week - lettuce from tacos/lettuce wraps, cucumber from lettuce wraps, tomatoes from toppings, etc)</p>
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):

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