








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. Adapt this menu plan to suit your schedule, time, and taste buds!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Red Beans and Rice</p> <p>Roasted Broccoli</p> <p>Cornbread with Honey Butter (optional)</p> <p>Peanut Butter Caramel Chocolate Chip Cookie Bars (serve warm with ice cream!)</p>	<p>Chopped Taco Salad</p> <p>Tortilla chips for garnish/serving</p> <p>Fresh fruit/vegetables</p>	<p>Slow Cooker Lasagna</p> <p>Skillet Green Beans or quick thrown-together green salad from yesterday's leftover ingredients</p> <p>Divine Breadsticks (optional)</p>	<p>Cheesy Chicken and Kale Sweet Potato Skillet</p> <p>Leftover green beans or steamed peas</p>	<p>Tuscan White Bean and Sausage Soup</p> <p>Crackers, sliced bread, or homemade biscuits for serving (optional)</p>	<p>Chicken Caesar Salad Wraps</p> <p>Honey Lime Fruit Salad or Fresh Fruit/Vegetables</p>	<p>Chicken Tikka Pizzas</p> <p>Chopped Thai Salad</p>
<p><i>Make/save rice for Friday's meal</i></p>		<p><i>Use leftover green beans as a side dish for tomorrow's meal</i></p>			<p><i>Make/Save extra cooked chicken for tomorrow's pizzas</i></p>	

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

<p>BREAKFAST:</p> <ul style="list-style-type: none"> • Perfect Fluffy Sour Cream Pancakes • Apple and Cinnamon Baked Oatmeal • Breakfast Burritos 	<p>LUNCH:</p> <ul style="list-style-type: none"> • Mediterranean Chicken Wraps • Santa Rosa Chicken and Wild Rice Salad • Tuna Melts 	<p>TREATS:</p> <ul style="list-style-type: none"> • Browned Butter Rice Krispie Treats • Super Soft Chocolate Chip Cookies • Fudgy Coconut Oil Brownie Bites
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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

- 3 yellow onions** (Red Beans + Taco Salad + Skillet Meal + Soup)
- 1 red onion** (Tikka Pizzas)
- 2 green onions** (Thai Salad)
- 10 cloves garlic** (2 cloves Skillet Meal + 3 cloves Soup + 3 Tikka Pizzas + 2 Thai Salad)
- 1 green bell pepper** (Red Beans +)
- 2 red bell peppers** (Skillet Meal + Thai Salad)
- 1 yellow bell pepper** (Thai Salad)
- 2 heads broccoli** (Roasted Broccoli)
- 4 heads romaine** (Taco Salad + Caesar Wraps + Thai Salad)
- 1 head iceberg lettuce** (Taco Salad)
- 2 bunches cilantro** (Taco Salad + Tikka Pizzas + Thai Salad)
- 2 Roma or plum tomatoes** (Taco Salad)
- 1-2 avocados** (Taco Salad)
- 1 to 2 pounds fresh green beans** (Skillet Green Beans)
- 2 sweet potatoes** (Skillet Meal)
- 6 cups chopped kale** (2 cups Skillet Meal + 4 cups Thai Salad)
- 9 ounces baby spinach** (Soup)
- 2 large carrots** (Soup)
- Fresh fruit/veggies (or ingredients for Honey Lime Fruit Salad)** (Caesar Wraps)
- 1 knob fresh ginger** (Tikka Pizzas + Thai Salad)
- 1 lime** (Thai Salad)

Dairy/Refrigerated

- 15 tablespoons butter** (3 T Cornbread + 12 T Caramel Bars)
- 5 eggs** (2 Cornbread + 3 Caramel Bars)
- 1 1/4 cups milk** (Cornbread)

- 8 ounces cheddar or Monterey Jack cheese** (4 ounces Taco Salad + 4 ounces Skillet Meal)
- 1 1/4 cups Parmesan cheese** (1/2 cup Lasagna + 1/2 cup Soup + 1/4 cup Caesar Wraps)
- 14 ounces mozzarella cheese** (Lasagna + 1 cup Tikka Pizzas)
- 2 cups cottage cheese** (Lasagna)

Meat, Poultry, Fish

- 1 1/2 pounds chicken sausage/kielbasa** (Red Beans)
- 2 pounds ground beef** (1/2 to 1 pound Taco Salad + 1 pound Lasagna)
- 1 1/2 pounds boneless, skinless chicken breasts** (Skillet Meal)
- 1 rotisserie chicken (or more fresh chicken you can cook)** (Caesar Wraps + Tikka Pizzas)
- 1 pound sweet Italian sausage, chicken or regular** (Skillet Meal)

Baking/Spices

- 2 bay leaves** (Red Beans)
- Dried thyme** (Red Beans + Lasagna)
- 1/2 teaspoon paprika** (Taco Salad)
- 1/2 teaspoon dried oregano** (Lasagna)
- 1 tablespoon dried basil** (Lasagna + Soup)
- 1/2 teaspoon dried garlic powder** (Lasagna)
- 1 teaspoon dried parsley** (Lasagna)
- 1 teaspoon curry powder** (Tikka Pizzas)
- 1 teaspoon cumin** (Tikka Pizzas)
- 1/2 cup cornmeal** (Cornbread)
- 4 1/2 cups flour** (Cornbread + Caramel Bars)
- 1 cup brown sugar** (Caramel Bars)
- 1/2 cup granulated sugar** (Caramel Bars)
- 2 cups chocolate chips** (Caramel Bars)

- 10 ounces soft caramels** (Caramel Bars)

Pantry Items

- 4 (15-ounce) cans kidney beans** (Red Beans)
- 15-ounce can black beans** (Taco Salad)
- 15-ounce can Great Northern beans** (Soup)
- White or brown rice** (Red Beans)
- 1/3 cup creamy peanut butter** (Caramel Bars)
- 6-ounce can olives** (Taco Salad)
- Tortilla chips** (Taco Salad)
- 1/4 cup red wine vinegar** (Taco Salad)
- 1 teaspoon balsamic vinegar** (Lasagna – can leave out)
- 2 tablespoons rice vinegar** (Thai Salad)
- 2 tablespoons Worcestershire sauce** (Taco Salad + Caesar Wraps)
- 1/4 cup low-sodium soy sauce** (Thai Salad)
- 1 teaspoon sesame oil** (Thai Salad)
- 28-ounce can crushed tomatoes** (Lasagna)
- 3 (14.5 ounces each) cans diced tomatoes** (2 Soup + 1 Tikka Pizzas)
- 6-ounce can tomato paste** (Lasagna)
- 9-12 no-boil lasagna noodles** (Lasagna)
- 1 1/2 cups small shell pasta** (Soup)
- 1/2 cup chicken broth** (1/2 cup Skillet Meal + 6 cups broth)
- 1/4 cup light or regular mayo** (Caesar Wraps)
- 1 tablespoon Dijon mustard** (Caesar Wraps)
- 4-6 whole grain tortillas or wraps** (Wraps)
- 3/4 cup roasted cashews** (Thai Salad)

Frozen

- 1 cup frozen corn** (Taco Salad)
- Frozen peas** (Side dish)
- 1 cup frozen, shelled edamame** (Thai Salad)