

Weekly Menu Plan #23

June 11th - June 17th



Monday

Breakfast Sliders
Watermelon

Tuesday

Mexican Lasagna
Shredded Lettuce or Green Salad

Wednesday

BBQ Chicken Pizza

Thursday

Sweet Pork Salad

Friday

DATE NIGHT

Weekend

Crockpot Glazed Chicken
Carrots & Zucchini

Dessert

Golden Graham S'more Bars

Pro Tips:-

- You need 11 pretzel rolls, so you will have one leftover.
- You can use homemade salsa instead of buying store bought.
- You will not need the entire can of olives on Tuesday.
- For the Cafe Rio Pork, I included tortillas, cheese, tomatoes, lettuce, avocado, and dressing ingredients. I recommend also making my crock pot black beans and cilantro lime rice!

PRODUCE

watermelon (1)
shredded lettuce (2-3 bags)
roma tomatoes (2-3)
avocados (2)
cilantro (small bunch)
jalapeno (1)
lime (1)
tomatillos (2)
garlic (5 clove)
baby carrots (2 cups)
zucchini (2 small)

BREAD/GRAINS

pretzel rolls (1 dozen)
8" flour tortillas (20)
long grain rice (2 cups)
Golden Graham cereal (8 cups)

SEASONINGS

salt & pepper
cumin (1 tsp)
garlic salt (1/2 tsp)
red pepper flakes (1/8 tsp)
dry dill (1/8 tsp)

FROZEN

CANNED GOODS

diced tomatoes (15 oz can)
salsa (3 1/2 cups)
refried beans (16 oz can)
olives (6 oz can)

PANTRY ITEMS

instant yeast (2 1/4 tsp)
sugar (1/2 tsp)
olive oil (3 Tbsp)
all purpose flour (3 1/2 cups)
brown sugar (2 1/2 cups)
soy sauce (1/2 cup)
honey (1/4 cup)
semi sweet chocolate chips (3/4 cup)
milk chocolate chips (3/4 cup)
corn syrup (1/4 cup)
vanilla extract (1 tsp)
non stick cooking spray

MEAT

deli ham (11 slices)
lean ground beef (1 pound)
chicken breast (5 large)
bacon bits (1/4 cup)
pork sirloin tip roast (4 pounds)

DAIRY/EGGS

eggs (8)
sliced cheddar cheese (11 ounces)
cheddar cheese (3 1/4 cups grated)
salted butter (1/2 cup)
mozzarella cheese (3 cups grated)
mexican blend cheese (2 cups)
buttermilk (1 cup)
parmesan cheese (2 Tbsp)

MISCELLANEOUS

worcestershire sauce (1/2 tsp)
poppy seeds (1 tsp)
BBQ sauce (2/3 cup)
mayonnaise (1 cup)
ranch dressing mix (1 pkt or 2 Tbsp)
ketchup (2/3 cup)
mini marshmallows (10.5 oz bag)