

WEEKLY MEAL PLANNER

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

Sunday *Roast Chicken Dinner*
- Beet & greens salad & vinaigrette
- Mashed potatoes (make ahead) & gravy
- Green beans
Make soup stock

Monday *Build Your Own Grain Bowls*
- Peppers, carrots, tomatoes, corn, red cabbage, salad greens, beets
- Quinoa, Edamame, cashews
- Vinaigrette & nut butter dressing

Tuesday *Chicken Corn Chowder*
- Use soup stock, leftover chicken, potatoes, gravy and green beans
- Use leftover corn, mixed peppers

Wednesday *Grilled Cheese & Salad*
- Bread, cheese, butter
- Salad with leftover greens, veggies, beans & dressing
- Leftover soup

Thursday *Spaghetti and Sauce*
- Use leftover or frozen greens & veggies in sauce
- Make double to freeze
- Use spaghetti squash

Friday *Pizza Night*
- Dough, sauce, cheese, mixed peppers, mushrooms, pepperoni
- Veggies & hummus

Saturday *Free For All*
- Check freezer for leftovers

PRODUCE

beets	salad greens
potatoes	onions
celery	mixed peppers
carrots	tomatoes
red cabbage	mushrooms
garlic	spaghetti squash

MEATS

whole chicken	pizza pepperoni
ground beef	

DAIRY

goat cheese	milk
butter	sour cream (14%)
cheddar cheese	mozza cheese
Parmesan	

DRIED GOODS

walnuts	quinoa
cashews	vinegar
oil	nut butter
thai curry paste	evaporated milk
lemon juice	canned tomatoes
chickpeas	tahini
	pizza sauce

FROZEN FOOD

green beans	corn
Edamame beans	

BREADS

bread	pizza dough
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MISCELLANEOUS

Check pantry for herbs, spices and staple ingredients for gravy, stock, dressing & spag sauce