







Meal Plan and Shopping List for the Week of: _____

						
Menu	Can/Jar/Dry	Baking/Spice/Staples	Produce	Dairy	Meat/Fish/Poultry	Frozen
Sunday Sunday Sauce	28 oz. Crushed Tomatoes	EVOO	1 onion	Grated cheese	1# pork ribs/neck w/ meat	
	28 oz. whole peeled tomatoes	Salt & Pepper	2 clove garlic		1# Italian Sausage	
	1# pasta	Sugar			1# meatballs	
Mon Left overs						
Tuesday Chicken Noodle Soup	Sandwich bread		1 sm. Onion	Cheese for Sandwich	Rotisserie chicken	
	6 c. chicken broth		2-3 rib celery			
			2-3 Carrots			
Wednesday Butternut & Parsley Penne	1# Penne	EVOO	1 med. Butternut squash	grated parm		
	1 c. Veg. Stock	Salt & Pepper	1 bunch parsley			
		Nutmeg	4 clove garlic			
			1 bunch scallions			
			fresh ginger			
Thursday Sausage and Lentil Soup	1 c. Lentils	EVOO	1 bunch parsley	grated parm	1# ground pork	
	4 c. Beef Sotck	Salt & Pepper	2 sm. Onions			
		Nutmeg	3 clove garlic			
		Crushed Red Pepper	2 carrots			
		Fennel seed	2 rib celery			
		Granulated onion	1 potato			
		2 bay leaves	2-3 sprig Rosemary			
	2 T. red wine vinegar					
Friday Barley & Cauliflower Salad	1 c. Pearl Barley	EVOO	1 cauliflower	2 oz. grated manchengo	2 oz. Salami	
		Salt & Pepper	1 head radicchio			
		2 T. red wine vinegar	3 scallions			
		1 T. celery seed				
Saturday Coq au Riesling	1 bottle Reisling wine	EVOO	1 med. Onion	2 T. unsalted butter	4# chicken legs	
	1½ c. chicken stock	Salt & Pepper	1 carrot	½ c. crème fraiche		
		¼ c. canola oil	1 rib celery			
			2 shallots			
			1# mixed mushrooms			
			2 lemon			
Misc		Honey				

If a measurement is not given for an item it means that the recipe requires a teaspoon or less of the item.
 T = Tablespoon, t = teaspoon, c = cup, lb = pound, oz = ounce