







Meal Plan and Shopping List for the Week of: _____

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|------------------|---|--|---|--|---|--|
| Menu | Can/Jar/Dry | Baking/Spice/Staples | Produce | Dairy | Meat/Fish/Poultry | Frozen |
| Monday | | | | | | |
| Tuesday | Apple Latkes | honey kosher salt | 2 T. flour 1 t. sugar 1 T. olive oil | 1 large apple 1 egg | | |
| | Sweet Potato Latkes | ½ c. raisins kosher salt | ¾ c. flour 2 t. curry powder 2 T. olive oil | 1½ lb sweet potatoes 3 eggs | | |
| Wednesday | Leftover Turkey soup | 2 (14.5 oz) can chicken broth 1 (14.5 oz) can beef broth 16 oz. jar salsa garlic powder | 1 can kidney beans 1 can black beans 1 can garbanzo beans white pepper | 1 onion 2 c. leftover turkey | | |
| Thursday | Carne Guisado | 1 bottle beer | ¼ c flour | 1 jalapeno pepper | | 3 lb pork shoulder/butt roast |
| | | 2 T tomato paste | 1 bay leaf | 2 cl. Garlic | | |
| | | 4 t Worcestershire | 1½ t ground cumin | 2 large baking potatoes | | |
| | | red wine vinegar | 2 t crushed red pepper | 1 onion | | |
| | | liquid smoke (opt.) | salt | | | |
| | | rice or tortillas | paprika 2 t chili powder | | | |
| Friday | Vegetable Frittata | | Olive oil | 2 veggies of choice 1½ c total Herbs for flavor | 8 eggs 1 cup cheese of choice | ¾ c cooked sausage or bacon or beans or salmon or ham |
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| | | | | | | |
| Saturday | Coconut Chicken | ½ c. light coconut milk | 2 T br. Sugar | 2 cl. Garlic | | 6 boneless skinless chicken thighs |
| | | 2 T soy sauce | 6 T. flaked coconut | cilantro | | |
| Sunday | Fettuccine with Spicy Sausage and Cabbage Ribbons | 2 c. Italian sauce | | 1 lb green cabbage | ½ c. pecorino romano cheese | 1 lb. spicy italian sausage |
| | | 1 lb fettuccine | | 1 red onion | | |

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