







Meal Plan and Shopping List for the Week of: _____

		 Can/Jar/Dry	 Baking/Spice/Staples	 Produce	 Dairy	 Meat/Fish/Poultry	 Frozen	
Monday	Sausage Stuffed Acorn Squash	1½ c. breadcrumbs		2 acorn squash	1 egg	1 lb pork sausage		
				½ c. onion	2 T. Milk			
Tuesday	Beef Stew	3 T shortening	½ c flour	1 clove garlic		2 lb stew meat or chuck roast cut in 1 inch pieces		
		lemon juice	1 bay leaf	1 med onion				
		Worcestershire	salt & pepper	3 stalk celery				
		2 c. beef broth	paprika	4 carrots				
		12 oz beer or wine	ground cloves					
Wednesday	Penne with Cabbage	1# Penne	olive oil	1 head cabbage	6 oz. sharp Provolone			
			salt & pepper	4 cl. Garlic	2 T unsalted butter			
Thursday	Pork Tenderloin		Salt & Pepper			2# Pork Tenderloin		
			Canola Oil					
Thursday	Coleslaw	2 c. coleslaw dressing	garlic powder	1 Head cabbage				
			Dijon Mustard	white pepper	1 red onion			
			Tabasco	celery seed				
			salt					
Friday	Out to Eat							
Saturday	Butternut Risotto with spinach salad	1½ c arborio rice	olive oil	1 butternut squash	8 oz. Fontina cheese			
			⅓ c white wine	salt & pepper	1 large onion			
			4 c. vegetable broth	sage	2 cl. Garlic			
Sunday	Chicken & Lentils	1½ c lentils	salt	8 oz. baby carrots		1½ lb. chicken tenders		
			4 c. vegetable broth	½ t ground red pepper	3 cl. Garlic			
				½ t cinnamon				
				¾ t turmeric				
Misc								

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