

WEEKLY MEAL PLAN

Made It. Ate It. Loved It.



The Shopping List

Produce

- 4 cups sliced banana
- 1/4 cup lime juice
- 2 garlic cloves, minced
- 3-4 zucchini
- 3-4 bell peppers
- Green beans, trimmed ends
- Broccoli florets
- Red onions, sliced into 1 inch pieces

Dairy

- 1 cup butter
- 6 cup heavy cream
- 3 Tablespoons cream cheese
- 1 1/2 cups Parmesan cheese
- 1/4 lb provolone sliced
- 2 cups shredded mexican cheese

Meat

- 1 lb roast beef sliced from the deli
- 2 large chicken breasts, cooked and shredded
- 3-4 chicken breasts, trimmed and cut into 1 inch cubes

Spices

- 1 packet au jus
- 1/4 cup honey (heaping)
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 large can of green enchilada sauce (my favorite is macayo's)
- 1 Tablespoon cooking oil
- 18 oz Kung Pao Marinade
- Sesame seeds

Pantry / Dry Goods

- 1 cup honey roasted peanuts
- Box of pasta noodles
- 1 (14oz) can sweetened condensed milk
- 1 (3.4 oz) package instant vanilla pudding mix (use Jell-O brand)
- 1 (12 oz) box Nabisco Nilla Wafers

Bread

- 1 loaf french bread
- 12 corn tortillas



Monday: French Dip Sandwiches

The Ingredients

- 1 loaf french bread
- butter softened
- 1 lb roast beef sliced from the deli
- 1/4 lb provolone sliced
- 1 packet au jus
- 3 cups water

The Instructions

- Grab one loaf french bread and slice in half (long ways). Then take the softened butter and spread along the entire loaf all the way to the edges.
- Take 3 cups of water and place in a saucepan over medium to high heat. Then slowly add the Au Jus Gravy packet. Whisking it.
- Take the roast beef slices and dip each one in the Au ju. Then shake off the access liquid and lay on the loaf of bread. Complete until the entire loaf has a slice of roast beef on it. Then top with a slice of provolone cheese.
- Turn the oven on broil and pop into the oven until cheese is bubbly and melted.
- Pour the Au Jus Gravy in small bowls.
- Remove french dip from the oven and put the two sides of the bread together to make a sandwich. Then since and serve with the bowl of au jus.



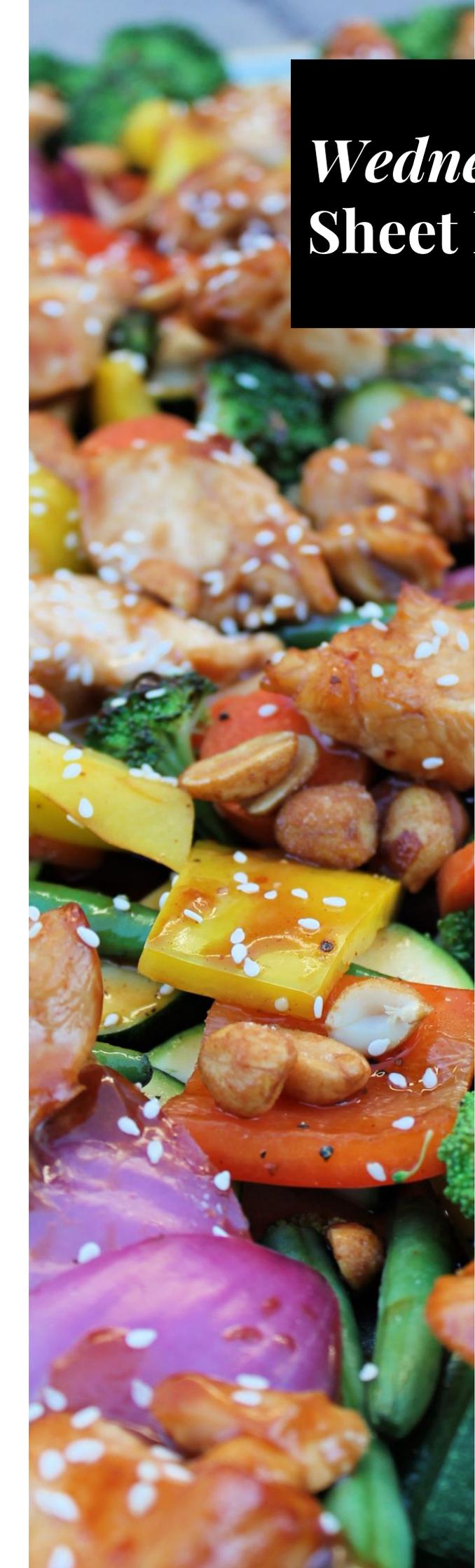
Tuesday: Honey Lime Enchiladas

The Ingredients

- 1/4 cup honey (heaping)
- 2 teaspoons chili powder
- 2 large chicken breasts, cooked and shredded
- 12 corn tortillas
- 1/4 cup lime juice
- 2 garlic cloves, minced
- 2 cups shredded mexican cheese
- 1 cup heavy cream
- 1 large can of green enchilada sauce (my favorite is macayo's)
- 1 Tablespoon cooking oil

The Instructions

- Combine honey, lime juice, chili powder and garlic in a large sealed container. Add cooked and shredded chicken and coat thoroughly. Place in refrigerator for at least a few hours.
- Mix enchilada sauce and cream in a bowl. Pour about 1/2 cup into the bottom of baking dish. Can use more than 1/2 of cup to cover the whole bottom of the pan evenly. (Use a 9x13 or (2) 9x9 pans)
- Prepare tortillas by heating on stove in oil for about 20 seconds on each side. Fill each tortilla with a couple tablespoons of chicken, some cheese, and a tablespoon of sauce. Roll up and place in baking dish, seam side down. Do this until chicken is gone and the pans are full. Cover entirely with enchilada/cream mixture and sprinkle with remaining cheese. (You will most likely have some sauce left over)
- Bake at 350 degrees for 30-35 minutes



Wednesday: Sheet Pan Kung Pao Chicken

The Ingredients

- 3-4 chicken breasts, trimmed and cut into 1 inch cubes
- 18 oz Kung Pao Marinade
- Zucchini, sliced into 1 inch pieces
- Bell peppers, de-seeded and de-veined and cut into 1 inch pieces
- Green beans, trimmed ends
- Broccoli florets
- Red onions, sliced into 1 inch pieces
- 1 cup honey roasted peanuts
- Sesame seeds

The Instructions

- Grab a bowl and place the chicken cubes in it. Then add about 1/2 bottle of the kung pao marinade. Then mix the chicken to coat completely with the sauce.
- Preheat the oven to 400 degrees.
- Spread the chicken out on a cookie sheet and bake the chicken for 8 minutes.
- On a separate sheet pan evenly spread the prepped vegetables. Then season with salt and pepper and drizzle Kung Pao marinade onto the vegetables.
- Remove chicken from oven (it will be pre-cooked) and then using tongs evenly place chicken on top of the vegetables.
- Then place the vegetables and chicken back in the oven and bake for about 10 minutes or until the chicken and vegetables is cooked.
- Then remove from oven and sprinkle the peanuts and sesame seeds on top and serve.



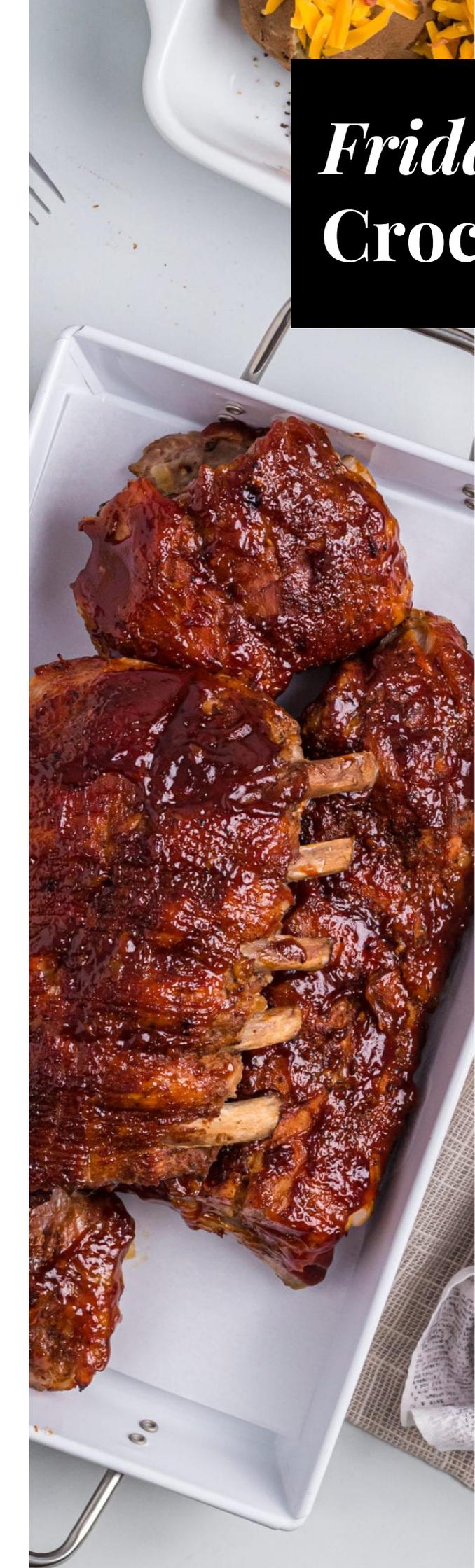
Thursday:
**Homemade Alfredo Sauce
With Pasta**

The Ingredients

- 2 cups heavy cream
- 1/2 cup butter
- 3 Tablespoons cream cheese
- 1 1/2 cups Parmesan cheese
- 1 teaspoon garlic powder
- Box of pasta noodles

The Instructions

- In a saucepan add the heavy cream, butter, and cream cheese. Bring it to a simmer then add the Parmesan cheese. Then simmer for 15-20 minutes. Then finally add the garlic powder. Pour over pasta and serve with your favorite pasta toppings!



Friday: Crockpot BBQ Ribs

The Ingredients

- 2 racks baby back ribs
- 1 onion, sliced or diced
- 4 T minced garlic
- 1/2 cup broth (vegetable, beef or chicken)
- BBQ Sauce

The Instructions

- Rub rib rub all over the ribs.
- Place onion, minced garlic, broth and ribs in a slow cooker.
- Cook ribs on high 4 hours or low 8 hours or until fork tender.
- Preheat broiler
- Brush ribs with bbq sauce and broil (or grill) 3 minutes.
- Then brush the ribs again with bbq sauce and broil or grill again for 3 minutes.

Sunday: French Toast With Berries And Buttermilk Syrup

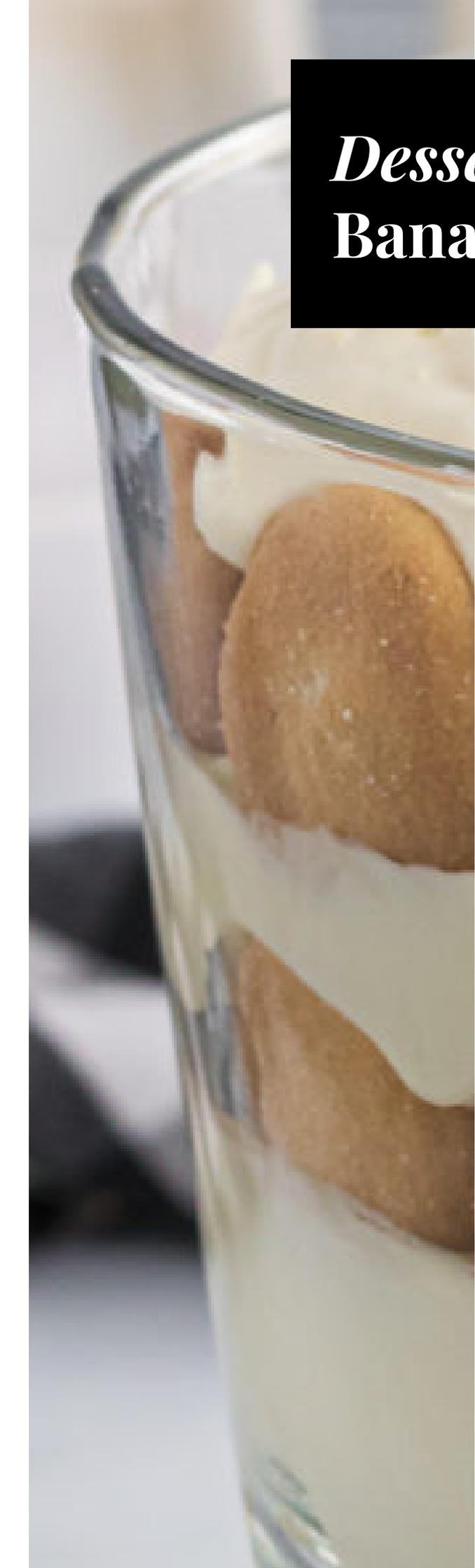


The Ingredients

- 4 eggs
- 1/4 cup sugar
- 1 Tablespoon cinnamon
- 1/2 cup heavy whipping cream
- 1 teaspoon vanilla
- grated rind for 1/3 of an orange
- 1 loaf of Texas toast bread
- 1/2 cup butter
- 3/4 cup sugar
- 1/2 cup buttermilk
- 1 teaspoon vanilla
- 1 teaspoon baking soda

The Instructions

- Combine all ingredients (except bread) and whisk together.
- Dip thick Texas toast (My favorite is Aunt Hattie's Texas Toast, which comes in a yellow bag).
- Brown on both sides on griddle; top with butter, fruit, and buttermilk syrup.
- To make the syrup: Combine butter, sugar, and buttermilk over medium heat in a medium to large saucepan. When it just starts to boil, remove off heat and add baking soda and vanilla. Stir; it will foam up. Serve hot. Can be refrigerated for up to 2 weeks. And then to reheat put in saucepan over medium heat until warm.



Dessert: Banana Pudding Trifle

The Ingredients

- 1 (14oz) can sweetened condensed milk
- 1 1/2 cups ice cold water
- 1 (3.4 oz) package instant vanilla pudding mix (use Jell-O brand)
- 3 cups heavy cream
- 1 (12 oz) box Nabisco Nilla Wafers
- 4 cups sliced banana

The Instructions

- In a small bowl mix sweetened condensed milk and water with an electric hand mixer until mixed together (about 1 minute). Add the pudding mix and beat well (about 2 minutes). Cover and refrigerate for 3-4 hours or overnight. Make sure you let it sit for at least 3 hours so that the pudding can set up.
- In a large bowl beat heavy cream until stiff peaks form. Gently fold in the pudding mixture into the whipped cream until well blended and no streaks of pudding remain.
- To assemble place a few Nilla wafers at the bottom, then a few slices of bananas, and top with a scoop of pudding mixture. Repeat until jar is filled. Garnish with additional wafers or wafer crumbs and banana slices. Cover tightly and allow to chill in the fridge before you serve. 4 hours seems to be my favorite time. Do not let them sit in the fridge for longer than 8 hours!
- {This can also be made in a large glass bowl or trifle dish. Use one-third of the nilla wafers, one-third of the bananas and one-third of the pudding. Then repeat}