



MONDAY

Philly Cheesesteak Casserole



TUESDAY

Beef Barley Soup



WEDNESDAY

Ground Beef Enchiladas



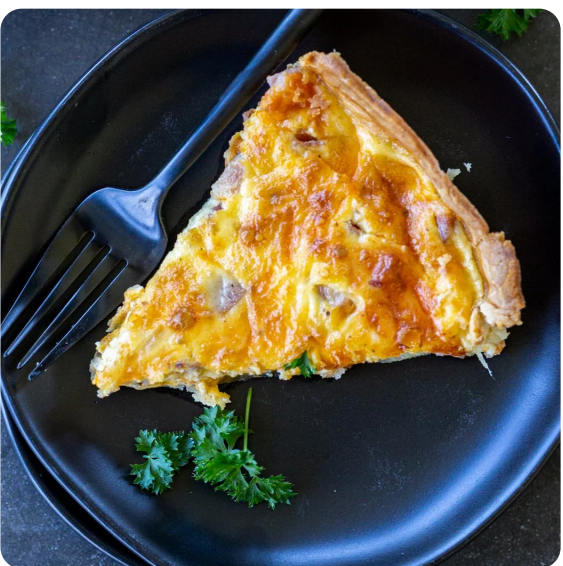
THURSDAY

Perfect Baked Potato



FRIDAY

Costco Chicken Bake (Copycat)



BREAKFAST OF THE WEEK

Ham and Cheese Quiche



WEEKEND WONDER

Easy Apple Cobbler



MEAT / SEAFOOD

- ☐ Ground beef: 3½ lbs (M, W)
- ☐ Chuck or stew beef: 2 lbs (T)
- ☐ Chicken (cooked): 2 cups (F)
- ☐ Bacon crisps: 1 cup (F)

DAIRY / REFRIGERATED

- ☐ Cream cheese: 4 oz (M)
- ☐ Pizza dough: 1 1/2 lbs (F)
- ☐ Mexican cheese: 3 cups (W)
- ☐ Provolone cheese: 8 slices (M)
- ☐ Mozzarella cheese: 3 cups (F)
- ☐ Parmesan: ½ cup (F)

PRODUCE

- ☐ Garlic: 5 cloves (T, W)
- ☐ Onions: 3 large (M, T, W)
- ☐ Carrot: 1 (T)
- ☐ Green bell pepper : 1 large (M)
- ☐ Red bell pepper: 1 large (M)
- ☐ Mushrooms: 8 oz (T)
- ☐ Russet potatoes: 3 large (TH)

PANTRY / OTHER

- ☐ Oil: 5 tbsp (T, TH)
- ☐ Barley: ½ cup (T)
- ☐ Bay leaves: 3 (T)
- ☐ Flour: (F)
- ☐ Salt: 7 tsp (M, T, TH)
- ☐ Ground black pepper: 1½ tsp (M, T)
- ☐ Red enchilada sauce: 20 oz (W)
- ☐ Flour tortillas: 8 (W)
- ☐ Caesar or Ranch dressing: 1 cup (F)
- ☐ Beef broth: 4 cups (T)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Breakfast of the Week" or "Dessert of the Week", make sure to add those ingredients to your shopping list.
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.