MENU #12

MEAL PLAN



MONDAY

Beef and Barley Stew

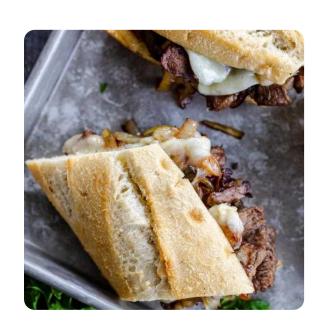


TUESDAY

No-Knead Cinnamon Rolls



WEDNESDAY
Rib Roast



THURSDAYSteak Sandwich



FRIDAY

Grandma's White Bean

Soup



Scalloped Potatoes



DESSERT OF THE WEEK

White Chocolate Cranberry Cake





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SHOPPING LIST

MEAT / SEAFOOD	PANTRY / OTHER
 Chuck Roast: 1½ lbs (M) Ribeye Roast Bone-In: 6 lbs (W) Steak: 1 lb (or use leftover ribeye roast)(TH) Pork: 1 lb (F) 	 □ Barley: 1½ cups (M) □ Better Than Bouillon broth: 1 tbsp (M) □ Bay leaves: 6 (M, F) □ Salt: 7½ tbsp (M, T, W, TH. F) □ Oil: 3 tbsp (W, TH) □ Ground black pepper: 4 tsp (M, F) □ Instant yeast: 1 tsp (T) □ Honey: ¼ cup (T) □ Flour: 3¾ cups (T) □ Sugar: 1 cup(T) □ Ground cinnamon: 1 tbsp (T) □ Powdered sugar: 1 cup (T) □ Vanilla extract: 1 tbsp (T) □ Coarsely ground mixed peppercorns: 2 tbsp (W □ Baguette: 1 (TH) □ White beans: 1½ cups (F)
DAIRY / REFRIGERATED	
 Eggs: 2 (T) Unsalted butter: 2 sticks (T, TH) Cream cheese: 16 oz (T) Whipping cream: ½ cup (W) Havarti cheese: 4 slices (TH) 	
 Onions: 4 large (M, TH, F) Carrots: 3 (M, F) Mushrooms: 1½ lbs (M) Garlic cloves: 6 (W, TH) Fennel: (1 bulb + fronds) (W) Fresh horseradish (grated): 3 tbsp (W) Fresh dill: 4 tbsp (TH, F) 	

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Side of the Week" and "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.