

Meal Plan and Shopping List by *The redhead baker*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Pappardelle with squash, mushrooms and spinach	Broccoli cheddar soup and side salads	Lemon-sage chicken cutlets with spinach and couscous	Pork chops with shallot-apple cider pan sauce and broccoli	Pancetta rosemary pizza	Dinner out	Chicken pot pie

Shopping List

Produce

- 1 pound butternut squash
- 2 large shallots
- 7 yellow onions
- 1 rib of celery
- 1 large potato
- 1 bunch carrots
- 1 bag of shredded carrot
- 1 red pepper
- 3 large white mushrooms
- 3 lemon
- 1 bunch fresh parsley
- Fresh rosemary
- 8 ounces fresh shitake mushrooms
- 1 5-to-6-ounce package baby spinach
- 1 head of broccoli
- Bagged salad mix
- 2 bunches fresh sage
- 1 bunch fresh thyme
- 1 head garlic

Baking

- All-purpose flour

Beans, Grains & Rice

- Couscous

Cheese

- 2 oz Parmesan cheese
- 8 oz shredded sharp Cheddar cheese
- 8 oz shredded Italian cheese blend

Dairy

- 1 pound unsalted butter
- 1 dozen large eggs
- 1 pound pizza dough
- Whole milk
- 8 oz light cream
- 1 can pie dough

Frozen Foods

- Frozen green beans
- Frozen peas
- Frozen corn
- Frozen chopped spinach

Juices

- Apple cider

Meat & Poultry

- 10 chicken breasts
- 4 lean pork chops (bone-in or boneless)
- 4 oz. cubed pancetta

Oil & Vinegar

- Extra-virgin olive oil
- Olive oil

Pasta & Noodles

- 12 ounces pappardelle or fettuccine pasta

Soups and Broth

- 136 oz low-sodium chicken broth

Spices

- Dried bay leaves
- Whole black peppercorns
- Garlic powder
- Red pepper flakes
- Onion salt

Wine & Spirits

- Dry white wine

Other

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