

## **Week 3: Meal Plan**

BLT's, Curly Cheesy Potatoes, Apple Slices with Dip

Sliced Ham, Sweet Potatoes, Corn and Muffins

Chicken Alfredo, Broccoli and Cheese, Garlic Cheese Biscuits

Shepherd's Pie, Cooked Carrots

Baked Potato Soup, Honey Wheat Bread

Snack: Chocolate Chip Cookies (pg. 39)

Dessert: Banana Cream Pie (pg. 41)

## Week 3: Grocery List

### Meat

bacon, 2 pounds  
ground beef, 1 pound  
chicken breasts, 2  
precooked ham, 3-4 pounds

### Dairy

butter (2 pounds)  
cream cheese (16 oz.)  
cheddar cheese (8 oz)  
sour cream (16 oz)  
eggs (1 dozen)  
milk  
buttermilk

### Frozen

broccoli  
orange juice concentrate

### Bread

hamburger buns - 1 package

### Produce

lettuce, 1 head  
tomatoes - 2  
potatoes, 5 pound bag  
carrots, 1 pound bag  
apples - 3  
bananas - 2

### Canned/Staples

fettuccine noodles  
Parmesan cheese  
biscuit mix  
Velveeta  
mayonnaise  
flour  
whole wheat flour  
bread flour  
active dry yeast  
quick-cooking rolled oats  
sugar  
brown sugar  
powdered sugar  
vanilla  
baking soda  
baking powder  
chocolate chips  
marshmallows  
honey  
condensed tomato soup  
green beans  
canned corn  
canned yams  
applesauce  
graham cracker pie crust  
banana cream pudding mix  
garlic powder  
onion salt  
ground cloves  
cinnamon  
salt and pepper