

LITTLE HOBOKEN'S WEEKLY MEAL PLAN

by the homemade mom, Julie Knott

MON

Sheet-Pan
Mac & Cheese

TUES

Sheet-Pan
(Fried) Chicken, Broccoli
& Sweet Potato Wedges

WED

Sheet-Pan
Sausage & Peppers

THU

Sheet-Pan
Shrimp Scampi

FRI

Sheet-Pan
Mini Meatloaves

SHOPPING LIST

Head of garlic	1
Yellow onions	3
Sweet potatoes	2
Russet potatoes	4
Lemon	3
Broccoli (small)	2
Orange pepper	1
Green pepper	1
Yellow squash	1
Zucchini	1
Fresh parsley	1
Green beans	12oz
Chicken drumsticks	8
Sweet Italian sausage	6 links
Shrimp, peeled, deveined, no tails	1.5lbs
Lean ground beef (93%)	1lb
Butter	2 sticks
Whole Milk	3 cups
Cream Cheese	8oz
Shredded Cheddar Cheese	2c
Shredded Monterey Jack Cheese	2c
Parm. Cheese	1
Eggs	1

pantry

Kosher salt	Garlic powder
Pepper	Paprika
Olive oil	Chili powder
Elbow Macaroni	Red pepper flakes
Dijon Mustard	French bread
Hot Sauce	Ketchup
Panko breadcrumbs	
Hoagie rolls	
Poultry seasoning	



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