



# Grocery List & Meal Plan



## MEAL PLAN

Day 1: Cheeseburger Soup

Day 2: Beef and Potato Casserole

Day 3: Chili

Day 4: Chili Loaded Potatoes

Day 5: Ground Beef Stew

Day 6: Taco Potato Bowls

Day 7: Cheeseburgers and Potato Wedges

Day 8: Hamburger Steak w/ Mashed Potatoes

Day 9: Beef, Potato and Carrot Skillet

Day 10; Meatballs with Mashed Potatoes

## GROCERY LIST

- Pinto Beans
- Ground Beef (~2 pounds/person)
- Cheese (1-3 pounds) \
- Russet Potatoes (~1 pound/person)
- Carrots (1-2 pounds)

Pantry Items: Broth, Milk, Eggs, Butter, Seasonings