

WEEKLY MEAL PLAN

September

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**Carne Guisada with white rice
fried plantains and salad**

Choco Flan

**Chopped Cheese
Sandwich**

**Pumpkin Spice
Tres Leches**

Dominican Breakfast

Grocery List

lettuce
tomatoes
carrots
celery
scallions
bell peppers
red potatoes
green plantains
parsley
limes
garlic
thyme
2lbs beef stew meat
1lbs colossal shrimp
1lbs ground beef
1 dominican sausage
cajun sausage
bacon
eggs
whole milk
heavy cream
unsalted butter
16 oz block cheddar cheese
evaporated milk
condense milk
queso frier
canned tomato sauce
pumpkin puree
old fashioned grits
chicken stock