MEAL PLANNER

DATE: **Week of November 2, 2026**

Extras: Caramel Apple Slices, Mulled Cranberry Apple Cider, Pumpkin Spice Bars

	BREAKFAST	LUNCH	DINNER	SNACKS
MON			**Slow Cooker Zesty BBQ Chicken** Slow cooker, 6 hrs. Serves 6	
TUES			**Egg Roll in a Bowl** 20 min. Serves 6	
WED			**Instant Pot Lasagna Soup** 29 min. Serves 4	
THURS			**Lemon Butter Chicken** 45 min. Serves 4	
FRI			**Pizza Chicken Bake** 30 min. Serves 4	
SAT				
SUN				

SMART SHOPPER
Planner

Week of November 2, 2026
5 dinners, a snack, a drink and a dessert

FRUITS AND VEGETABLES

- ☐ Cabbage, 1 head Tue
- ☐ Yellow onions, 2 Tue, Wed
- ☐ Green onions, 1 bunch Tue
- ☐ Garlic, 1 head Tue, Wed, Thu
- ☐ Lemons, 2 Thu, Snack
- ☐ Baby spinach, 2 cups Thu
- ☐ Fresh basil, 1 small bunch Wed
- ☐ Fresh parsley, 1 small bunch Wed
- ☐ Coleslaw, to serve (optional) Mon
- ☐ Tart apples (like Granny Smith), 4 to 5 Snack
- ☐ Apple, 1 Drink
- ☐ Orange, 1 Drink
- ☐ Fresh cranberries, 2 cups Drink
- ☐ Fresh ginger, 1-inch piece Drink

MEAT AND POULTRY

- ☐ Boneless skinless chicken breasts, 6 Mon
- ☐ Boneless skinless chicken breasts, 4 Thu
- ☐ Boneless skinless chicken breasts, 2 lb Fri
- ☐ Ground pork, 1 lb Tue
- ☐ Ground beef, 1 lb Wed
- ☐ Hot Italian sausage, 1 lb Wed
- ☐ Pepperoni slices, 15 to 20 Fri

SEAFOOD

PANTRY STAPLES

- ☐ Chicken stock, 7 cups + 2 Tbsp Tue, Wed, Thu
- ☐ Petite diced tomatoes, 2 cans (14.5 oz) Wed
- ☐ Tomato sauce, 2 cans (8 oz) Wed
- ☐ Pizza sauce, 12.3 oz Fri
- ☐ BBQ sauce, 12 oz Mon
- ☐ Italian salad dressing, 1/2 cup Mon
- ☐ Worcestershire sauce, 2 Tbsp Mon
- ☐ Horseradish, 1 tsp Mon
- ☐ Brown sugar, 1/4 cup Mon
- ☐ Pickles, to serve (optional) Mon
- ☐ Soy sauce or liquid aminos, 1/4 cup Tue
- ☐ Sesame oil, 1 Tbsp Tue
- ☐ Olive oil, 1 Tbsp Wed
- ☐ Balsamic vinegar, 1 Tbsp Wed
- ☐ Bay leaf, 1 Wed
- ☐ Dry white wine, a splash (optional) Thu
- ☐ Canned pumpkin, 15 oz Dessert
- ☐ All-purpose flour, 2 cups Dessert
- ☐ Granulated sugar, 1 2/3 cups Dessert
- ☐ Powdered sugar, 2 cups Dessert
- ☐ Vegetable oil, 1 cup + 2 tsp Dessert, Snack
- ☐ Baking powder, 2 tsp; baking soda, 1 tsp Dessert
- ☐ Pumpkin emulsion, 1/4 tsp (or 1/2 tsp pumpkin pie spice) Dessert
- ☐ Cinnamon sticks, 5; whole star anise, 5 to 10; whole cloves, 1 Tbsp Drink
- ☐ Chopped pecans or walnuts, 1/2 cup (optional) Snack
- ☐ Spices: onion powder, garlic powder, ground ginger, paprika, Italian seasoning, ground cinnamon, nutmeg, ground cloves Tue to Fri, Dessert
- ☐ Dried thyme, basil, oregano and parsley Wed, Thu
- ☐ Kosher salt and black pepper All week

DAIRY AND EGGS

- ☐ Salted butter, 3 Tbsp Thu
- ☐ Heavy cream, 1 cup Thu, Dessert
- ☐ Ricotta cheese, 1/2 cup Wed
- ☐ Shredded mozzarella, 1 cup + 6 Tbsp Wed, Fri
- ☐ Grated Parmesan, 1/4 cup + 3 Tbsp Wed, Thu
- ☐ Large eggs, 4 Dessert
- ☐ Cream cheese, 8 oz Dessert

BREADS AND GRAINS

- ☐ Buns, 6 (to serve) Mon
- ☐ Lasagna noodles, 8 oz (about half a box) Wed

BEVERAGES

- ☐ Apple cider, 1 gallon Drink

SNACKS AND SWEETS

- ☐ Caramel pieces or meltable caramel bits, 1 lb Snack
- ☐ Semisweet chocolate chips, 2/3 cup (optional) Snack
- ☐ Milk chocolate chips, 2/3 cup (optional) Snack
- ☐ White almond bark, 2 squares (optional) Snack
- ☐ Colored sprinkles (optional) Snack

HOUSEHOLD ITEMS

Amounts are for each recipe as written: Monday and Tuesday serve 6, Wednesday to Friday serve 4. Snack, drink and dessert amounts are for the full recipe. Check your pantry first and cross off what you already have. The day in gray shows which dinner uses each item.