Meal Plan		Notes
Monday	Shepherd Pie Casserole with side salad	
Tuesday	Italian Beef Sliders with Twice Baked Potatoes and Sliced Tomatoes	
Wednesday	Plan to Eat Out	
Thursday	Monterey Chicken Spaghetti and Oven Roasted Green Beans	
Friday	Crock Pot Jambalaya with rice and farm style loaf bread	
Saturday	Jamaican Jerk Chicken with corn on the cob and Summer Fruit Gazpacho	
Sunday	The Perfect Meatloaf with mashed potatoes and Honey Glazed Carrots	

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## My Weekly Shopping List

Always check your kitchen supplies to see what you already have on-hand.



Produce	Pantry	Meat
1–2 Lemons or limes	1 can Corn	1 lb. ground beef
2 Ripe peaches	2 – 10 oz. Cream of chicken soup	2—3 lb. Chuck Roasts
1 Ripe plum	1 Box Beef Broth	12 oz. Cajun style Andouille sausage
8-10 Ripe cherries	1 Box Spaghetti noodles	1.5 lbs. Boneless chicken thighs
Garlic	1 Box Instant mashed potatoes	2 lbs. Ground turkey
Ginger root	1 Jar Mezzetta pepperoncini peppers	
1 Med. Onion	Worcestershire sauce	
1 Red onion	1 – 6 oz. can French fried onion	
1 Container Mushrooms	1 – 28 oz. can Diced tomatoes	
Green Bell Peppers	1 box Chicken broth	Dairy
2 lbs. Green beans (or frozen)	Rice	Eggs
Celery	Soy sauce	Milk
Fresh parsley	Bread Crumbs	Butter
Mint leaves	BBQ sauce	8 oz. Med. Cheddar cheese
Corn on the cob	Hawaiian rolls	24 Slices Provolone cheese
4–6 lg. Potatoes	Farm style loaf bread	Earth Balance Buttery Spread
Lettuce		Go Veggie Monterey Jack
2 Cucumbers	Herbs/Spices/Oils	Parmesan cheese
Carrots	Olive oil	Sour cream
3-4 Tomatoes	Ground allspice	
Frozen	Ground cinnamon	Household
1 – 10 oz. Pkg. Spinach	Ground Nutmeg	
	Dried thyme	
	Bay leaves	
	Cajun seasoning mix	
	2 Pkg. Italian seasoning packs	
	Garlic powder	
	Minced dried onions	
	Poppy seeds	
	Cornstarch	
	Honey	
	Brown sugar	