

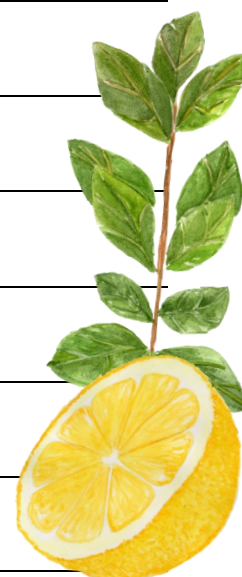


My Weekly Meal Plan



Meal Plan	
Monday	Salmon patties with mashed potatoes and steamed green peas
Tuesday	Slow Cooker Italian Chicken with steamed broccoli
Wednesday	Tater Tot Hotdish
Thursday	Spicy Jalapeno Popper Grilled Chicken with Grilled Corn on the Cob and Easy Summer Fruit Salad with Ginger Infused Honey
Friday	Plan to Eat Out
Saturday	Pork Tenderloin with Sweet Rosemary Cilantro Sauce rice and a side salad
Sunday	Crock Pot Sloppy Joes with carrot and celery sticks.

Notes



Date: Week 1—July



My Weekly Shopping List

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

Produce	Pantry	Meat
1 garlic bulb	1 - 14.75 oz. canned salmon	7 boneless skinless chicken breasts
3 lg. yellow or sweet onions	1 - 16 oz.. box of penne pasta	1.5 lbs. ground beef
1 pkg. carrots	2 cans cream of chicken soup	1 lg. or 2 small pork tenderloins
1 bag potatoes	1—14.5 oz.. can whole green beans	
1 lg. Serrano pepper	1 - 14.5 oz. can petite diced tomatoes	
4-6 ears corn on the cob	Stubb's BBQ Sauce	
1 bunch celery	1 jar med. heat chiles	
1-2, 2 inch pieces fresh ginger	1 jar pickled jalapeno peppers	
2 bunches fresh cilantro	1 jar spicy brown mustard	Dairy
fresh mint leaves	1 container beef broth	Eggs
cantaloupe	red wine vinegar	Milk
watermelon	Worcestershire sauce	Butter
1 pkg. strawberries	rice	2 - 8 oz. pkg. cream cheese
1 pint raspberries	bread crumbs	parmesan cheese (fresh or canned)
1 pint blueberries	gluten free 1:1 baking flour	mozzarella cheese, shredded
	buns	Mexican cheese blend, shredded
	Herbs/Spices/Oils	
	vegetable oil	
	olive oil	
	1 pkg. Italian dressing mix	
	garlic powder	
Frozen	red pepper flakes	Household
1 pkg. green peas	dried parsley	
1-2 pkg. broccoli florets	ground cumin	
2 lbs frozen tater tots	ground coriander	
	chili powder	
	dried rosemary	
	Lawry's seasoned salt	
	honey	
	sugar	
	brown sugar	