

# My Weekly Meal Plan

Meal Plan	
Monday	BBQ Chicken Burritos with chips and salsa and a side of refried beans
Tuesday	Easy Salmon Pesto Pasta with a garden salad
Wednesday	Teriyaki Beef Stir Fry served with rice
Thursday	Beef Stroganoff with egg noodles and steamed green beans
Friday	Crispy Crock Pot Chicken Alfredo Pizza with Apple Cucumber Tomato Salad
Saturday	South of the Border Turkey Burgers with Mexican Street Corn Salad
Sunday	Plan to Eat Out

## Notes

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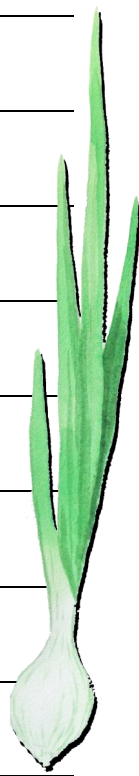
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Date: Week 1—August

# My Weekly Shopping

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
Mango or pineapple	1 Can cream of mushroom soup	5 boneless, skinless, chicken breasts
2-3 Lemons	1 Can refried beans	1 lb. Thin steak, flank or sirloin
Apples	1 Can mushrooms	1 lb. Beef sirloin
Green onions	5 oz. Can cooked salmon	1 lb. Ground turkey
Onions	1 Box penne pasta noodles	Pre-cooked chicken
2 Garlic bulbs	1 pkg. Egg noodles	
Ginger root	Salsa	
Fresh basil leaves	Ketchup	
Fresh Cilantro	Barbecue sauce	
Fresh thyme sprigs	1 Bottle Worcestershire sauce	<b>Dairy</b>
1-2 Habanero peppers	Mayonnaise	Eggs
1 Hot banana pepper	1 Jar creamy basil Alfredo sauce	Milk
1 Jalapeno pepper	Pine nuts	Butter
Broccoli florets	Hamburger buns	2 - 16 oz. Sour cream
3-4 Bell peppers	Tortilla chips	Parmesan cheese
Sugar snap peas	6-8 Count flour tortillas	Mozzarella cheese
Tomatoes		1 Block Pepper jack cheese
Lettuce	<b>Herbs/Spices/Oils</b>	1 roll Pillsbury deep dish pizza dough
Cucumbers	Vegetable oil	8 oz. Feta cheese
Carrots	Extra virgin olive oil	
1-2 Fresh ears of corn	Coconut oils	
Chives	Sesame oil	
<b>Frozen</b>	Apple Cider Vinegar	<b>Household</b>
Peas	Coconut aminos	
Green beans	Arrowroot	
1 Bag corn	Cumin	
	Cayenne pepper	
	Stevia leaf extract	
	Brown sugar	
	Sesame seeds	