

My Weekly Meal Plan



Meal Plan Notes One Pot Chicken Parmesan Pasta Monday with garlic bread and a side salad Chipotle Lime Shredded Beef Tacos Tuesday with tortillas and favorite taco toppings Rotisserie Chicken Salad Wednesday on Ciabatta rolls with grapes and chips Thursday Plan to Eat Out Teriyaki Chicken Kabobs Friday with grilled or steamed asparagus Crock Pot Cube Steak with Gravy Saturday with mashed potatoes and corn Grilled Boneless Pork Chops and Sunday Grilled Sweet Potato Wedges

Date: Week 3—July

My Weekly Shopping List

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

Produce	Pantry	Meat
1 onion	1 – 25 oz. jar tomato basil pasta sauce	1 lb. boneless, chicken breasts
2 lg. sweet potatoes	1 box penne pasta	2–4 lb. beef roast
1 bag potatoes	1 – 7 oz. jar chipotle peppers in Adobo sauce	2 lbs. cube steak
8 oz. baby bella mushrooms	1 jar green olives	pork chops (1 per person)
1 pkg. baby spinach	1 jar sweet relish	
4-5 red, yellow, green bell peppers	1 can pineapple chunks	
1 bunch celery	1 jar teriyaki glaze	
1 bunch asparagus	1 container beef broth	
Lettuce	mayonnaise	
tomatoes	nacho chips	Dairy
cucumbers	1–2 pkgs. Tortillas	eggs
Lettuce	Ciabatta rolls	milk
tomatoes	Herbs/Spices/Oils	butter
cucumbers	olive oil	sour cream
grapes	cumin	1 pkg. parmesan cheese, shredded
1 lime	oregano	
	garlic powder	
	onion powder	
	celery seed	
	ground coriander	
Frozen	garlic powder	Household
garlic bread	dry mustard	
1 pkg. frozen corn (or use canned)	cumin	
	ginger	
	smoked paprika	
	1 envelope onion soup mix	
	1 envelope Au Jus gravy mix	
	cornstarch	
	brown sugar	
	Sugar	
	honey	

[©] FLOURONMYFACEC.OM