



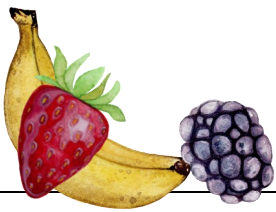
My Weekly Meal Plan

Meal Plan	
Monday	Beef Enchilada Pasta Skillet
Tuesday	Slow cooker Balsamic Beef with Baked sweet potatoes and sliced cucumbers
Wednesday	Easy Crock Pot Pulled Chicken with French fries and Fruit Salad
Thursday	Easy Bruschetta Hamburgers with Grilled Summer Vegetables
Friday	Cheese Red Pepper Pasta Carbonara with garden salad and garlic bread
Saturday	Plan to Eat Out
Sunday	Instant Pot Honey Garlic Pork Loin with buttered noodles and steamed carrots

Notes

Date: Week 3—August





My Weekly Shopping List

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



Produce	Pantry	Meat	
Grapes	1 - 2 oz. Can diced green chiles	1.5 lbs. 95% lean ground beef	
1 Lemon	1 Lg. Can diced tomatoes	3 Thin cut boneless, chicken breasts	
Blueberries	1 Box low-sodium chicken broth	4-5 lb. Chuck roast	
Seedless watermelon	1 Box Beef broth	2.5-3 lbs. Boneless chicken breasts	
1 Sweet Vidalia onion	1 Box Camponelle pasta	2 lbs. 80/20 Ground beef	
Onions	Soy sauce	1 lb. Bacon	
Garlic bulb	1 - 10 oz. can Red enchilada sauce	2-3 lb. Pork Tenderloin	
Fresh Basil, (need enough for 1 C.)	Worcestershire sauce		
Fresh Rosemary	1 Can Mandarin oranges		
2 Red Bell peppers	1 - 16 oz. Pkg. Penne pasta		
1 Med. Eggplant	Hellmann's® Real Mayonnaise		
1 Med. Zucchini	Dijon Mustard		
2 Yellow squash	Egg noodles		
Cucumbers	1 Bottle BBQ Sauce	Dairy	
3-4 Med. to lg. Tomatoes	1 Box plain, dry, bread crumbs		Eggs
Sweet Potatoes	4-8 Hamburger buns		Milk
Lettuce	8 Ciabatta buns		Butter
Carrots	Herbs/Spices/Oils	8 oz. pkg. Shredded 6 cheese blend	
		Extra Virgin Olive Oil	Fat-free Sour cream
		Dried Oregano	3 oz. Low-fat sharp cheddar
		Dried Basil	16 oz. Plain Greek yogurt
		Ground cumin	12 oz. Feta Cheese
		Onion powder	
		Garlic powder	
		Chili powder	
Frozen	1 Envelope Lipton® Onion Soup Mix	Household	
	1 pkg. Corn		Dry mustard
	1 pkg. French fries		Crushed red pepper
	1 pkg. Peas		Balsamic vinegar
	Garlic Bread		Light brown sugar
			Honey
			Corn starch