

My Weekly Meal Plan



Meal Plan	
Monday	Mediterranean Fish Dinner served with rice
Tuesday	Chicken Parmesan Casserole with garlic bread
Wednesday	Crock Pot Tamale Pie with black beans
Thursday	Thai Basil Beef Noodle Stir-fry with sliced cucumbers
Friday	Rosemary Dijon Pork Chops with sweet potato fries and applesauce
Saturday	Crock Pot Chicken Rosa Alfredo with buttered noodle
Sunday	Plan to Eat Out

Notes



Date: Week 3—September



My Weekly Shopping List

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

Produce	Pantry	Meat
lime	12 oz. jar artichoke salad	1 lb. of white fish,
1 lemon	sundried tomatoes	1 lb. chicken breasts
1 red bell pepper,	capers	1 1/2 lbs ground beef,
1 small white onion	rice	1 ¼ pounds sirloin or flank steak
garlic bulbs	1 box linguine pasta	4 boneless, skinless chicken breasts
baby spinach	10 oz can Rotel diced tomatoes with green chilies	4-6, 8 oz. pork chops
	10 oz. can enchilada sauce	
1 tomato	15 oz. can southwestern corn	
cucumbers	1 box Jiffy cornbread mix	
green onions	black beans	
fresh Thai basil leaves	chopped peanuts	
fresh rosemary	egg noodles	
fresh lemon thyme	rice noodles	
8 ounces shiitake or baby bella mushrooms	1 lb. box penne pasta	
	1 jar Bertolli 4 Cheese Rosa Sauce	
	Dijon Mustard	
Frozen	Herbs/Spices/Oils	Dairy
garlic bread	olive oil	eggs
Sweet potato fries	ground cumin	milk
	toasted sesame seeds	butter
	Italian seasoning	Mexican style shredded cheese
	coconut oil	
		Household