



My Weekly Meal Plan



Meal Plan	
Monday	Chicken Burrito Skillet
Tuesday	Crock Pot Beefy Macaroni and Cheese served with glazed carrots
Wednesday	Crock Pot Creamy Chicken and Potatoes with steamed green beans
Thursday	Cheesy Tuna Noodle Casserole served with steamed peas
Friday	Plan to Eat Out
Saturday	Lasagna Bolognese with Béchamel with side salad and garlic bread
Sunday	Crock Pot Pulled Pork with Creamy Coleslaw and French fries

Notes

Date: Week 4—September



My Weekly Shopping

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

Produce	Pantry	Meat
Garlic bulb	1 box small shell pasta	7 boneless, chicken breasts
2 large onions	elbow macaroni	1.5 pounds browned ground beef
carrots	1 can black beans	1 lb. Italian sausage
celery	1 pkg. no-boil lasagna noodles	1 lb. ground beef
red potatoes	15 oz can of diced tomatoes	2- 3 lb. pork tenderloins
fresh nutmeg (optional)	chicken broth	
iceberg lettuce	evaporated milk	
cherry tomatoes	white rice	
cucumbers	1-2 cans tuna	
radishes	bread crumbs	Dairy
2 bags coleslaw mix	1 quart marinara sauce	eggs
	beef broth	milk
	barbecue sauce	butter
	vinegar	sour cream
		shredded Tex-Mex style cheese
		shredded sharp cheddar cheese
	potato chips	1 box Velveeta
	Herbs/Spices/Oils	1 wedge, parmesan cheese
	olive oil	shredded mozzarella cheese
	chili powder	
Frozen	garlic powder	Household
1 bag broccoli florets	smoked paprika	
1 bag peas	chicken fajita seasoning	
green beans	smoked paprika	
garlic bread	nutritional yeast flakes	
French fries	mustard powder	
	cumin	
	celery seed	
	seasoned salt	
	sugar	
	brown sugar	
	all-purpose. flour	