

## My Weekly Meal Plan

N	Ieal Plan	Notes
Monday	Italian Tortellini Soup and crusty bread	
Tuesday	Crock Pot Chicken Curry with steamed broccoli	
Wednesday	Chili Soy Salmon with Asian Green beans and couscous	
Thursday	Crock Pot Stuffed Bell Peppers served with buttered corn	
Friday	Lemon Garlic Chicken and Rice with steamed cauliflower	
Saturday	Plan to Eat Out	
Sunday	Easy Chicken Pot Pie with side salad	

Date: Week 5—September



## My Weekly Shopping List

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

Produce	Pantry	Meat
1 lemon	2- 15 oz cans tomato sauce	16 oz. pre-cooked chicken or turkey breasts
1 garlic bulb	4 cans chicken broth	3 lbs boneless chicken thighs
1 yellow, or red onion	14 1/2 oz can tomatoes	3 lbs salmon steaks
3 medium onions	coconut milk	1.5 lbs ground beef
1 jar minced garlic	soy sauce	1 lb. chicken cutlets
fresh basil	couscous	
1 lb. green beans	long grain white rice	
green bell peppers	Bisquick Mix	
4–5 sweet potatoes	italian bread	
fresh oregano	1 can cream of chicken soup	Dairy
		eggs
		milk
		butter
		shredded mozzarella cheese
		grated parmesan cheese
Frozen	Herbs/Spices/Oils	Household
1 bag cauliflower	olive oil	
frozen zucchini	sesame oil	
frozen fresh chard or spinach	ground curry powder	
frozen cheese tortellini	red pepper flakes	
frozen corn	chili garlic sauce	
mixed vegetables	brown sugar	
	cornstarch	
	sesame seeds	
	Italian seasoning	
	dried basil	

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