



My Weekly Meal Plan



Meal Plan	
Monday	Oven Baked Fried Chicken with Baked Potatoes and Simple Carrot Salad
Tuesday	Crock Pot Kielbasa Soup with Dinner Rolls
Wednesday	Fish Tacos with Avocado Sauce and Mexican Rice and Refried Beans
Thursday	Crispy Baked Tilapia with Warm Dill Potato Salad
Friday	Plan to Eat Out
Saturday	Crock Pot Buffalo Ranch Chicken Casserole with Carrot and Celery Sticks
Sunday	Instant Pot Swiss Steak from Meatloaf and Melodrama. Serve with mashed potatoes and a side salad.

Notes

Date: Week 1—November



My Weekly Shopping List

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



Produce	Pantry	Meat
2 Avocados	1 Box chicken broth	1 lb. Halibut or Tilapia filets
Scallions	1 Box beef broth	1 lb. Smoked kielbasa sausage
Garlic	Lemon juice	1 lb. Ground beef
Onions, 2 sweet, 1 white	Lime juice	2 lb. Bottom round steak
1 - 10 lb. Bag potatoes	Mexican rice	2 Skinless boneless chicken breasts
Carrots	Penne pasta	
Celery	1 Can refried beans	
Tomatoes	1 Can Campbell's Cheddar Cheese Soup	Dairy
2 Bell peppers	1 - 14.5 oz Can diced tomatoes	Butter
Lettuce	1 sm. Can crushed tomatoes	Milk
Fresh cilantro	1 - 15 oz. Can cannellini beans	Eggs
Fresh parsley	1 - 31oz. Can of refried beans	2 - 16 oz. Containers sour cream
	1 - 15.5oz Jar of salsa	2 lbs. Shredded Mexican rice
	Ranch dressing	
	Buffalo sauce	
	Mayonnaise	
	Dijon mustard	
	Corn flakes	
	Dinner rolls	
	Corn tortillas	
	Burrito size soft shells	
Frozen	Herbs/Spices/Oils	Household
Sweet corn	Olive oil	
	Vegetable oil	
	Cumin	
	Oregano	
	Bay leaves	
	Cayenne pepper	
	Za'atar seasoning	
	Garlic powder	
	Onion powder	
	Dill weed	
	House seasoning blend	
	Corn starch	
	Honey	