My Weekly Meal Plan

Meal Plan		Notes
Monday	Loaded Black Bean Quesadillas with Mexican Caesar Salad	
Tuesday	Spicy Cajun Chicken Fettuccine Alfredo with Steamed Broccoli	
Wednesday	Potatoes, Peppers and Kielbasa Skillet Dinner with applesauce	
Thursday	Crispy Baked Tilapia with Warm Dill Potato Salad	
Friday	Plan to Eat Out	
Saturday	Buffalo Chicken Mac & Cheese, served with carrots and celery sticks	
Sunday	Crock Pot Chicken Enchilada Casserole with side salad	

My Weekly Shopping List

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

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Produce	Pantry	Meat
1 Avocado	3 Cans black beans	4–5 lbs. Boneless chicken (divided)
2 Limes	Salsa	3 Boneless chicken breasts
3 Onions	1 – 15 oz. can Fiesta Corn	1 Pkg. Kielbasa
1 Garlic bulb	3.8 oz can Sliced black olives	1 lb. Tilapia filets
8 oz. Portobello or Shitake	Panko bread crumbs	
1 Bag Potatoes	Soy Sauce	
1 Serrano Chile	Hot Sauce	
Cilantro	Mayonnaise	Dairy
Baby spinach	Buffalo sauce	Butter
2 Heads Romaine Lettuce	1 lb. Box Macaroni pasta	Milk
2 Sweet bell peppers	Fettuccine noodles	Eggs
Fresh or frozen broccoli	2 – 10 Pack Flour Tortillas	Sour cream
Lettuce	Crusty French Bread	Shredded cheese
Tomatoes		Queso Fresco
Cucumbers		Parmesan cheese
4 Yukon Gold Potatoes		Mexican mix cheese, shredded
1 Bunch Fresh Dill		Parmesan cheese
Parsley		8 oz. sharp cheddar,
Carrots		6 oz. Monterey Jack
Celery sticks		4 oz. Blue cheese
Frozen	Herbs/Spices/Oils	Household
	Olive oil	
	Cooking spray	
	Weber N'Orleans Cajun Seasoning	
	basil	
	oregano	
	Cumin	
	Mustard seeds	
	Red wine vinegar	
	Flour	

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