

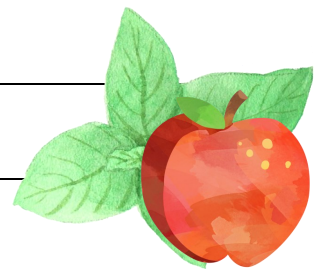
My Weekly Meal Plan



Meal Plan

Notes

Monday	Monterey Chicken with Glazed Carrots and Baked Potatoes
Tuesday	Crock Pot Italian Swiss Steak with steamed corn
Wednesday	Crock Pot Hot Cheesy Chicken Sandwiches with sweet potato fries
Thursday	Tuna Noodle Casserole
Friday	Apple, Squash and Pork Skillet with dinner rolls
Saturday	Plan to Eat Out
Sunday	Easy Beef Stroganoff Soup with Fresh Apple and Pear Salad

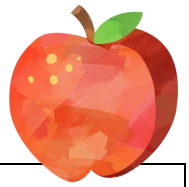


Date: Week 2—October



My Weekly Shopping List

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



Produce	Pantry	Meat
2 med. Pears	1 Pkg. Med. Egg noodles	4 Boneless, skinless, chicken breast
5 med. Apples	Penne pasta	3-4 lb. Chuck roast
1 Garlic bulb	3 - 10 oz. cans Tuna	Bacon
1 Sweet or yellow onion	Sweet Baby Rays BBQ Sauce	6 Cups Cooked chicken (Rotisserie)
1 Red onion	Oscar Mayer Real Bacon Bits	1 lb. Pork tenderloin
Baking potatoes	Hunts tomato paste	1 1/2 lbs. of Beef sirloin steak
Red or green peppers	1 - 14.5 oz. can Hunt's Fire Roasted Diced Tomatoes	
Celery	1-23 oz. can Condensed Cream of Mushroom Soup	Dairy
Butternut squash	2 cans Peas	Eggs
Fresh dill	Hellman's Mayonnaise	Milk
Fresh rosemary	Spicy brown mustard	Butter
Fresh parsley	Light vegetable or chicken broth	Sour cream
8 oz. Mushrooms	Beef broth	Crème fraîche
Cucumbers	Apple cider or juice	2 pkgs. Sargento shredded cheddar
Carrot Chips	Worcestershire sauce	1 block of Mozzarella cheese
	Dry white wine	
	Hamburger Buns	
	Dinner rolls	
	Goldfish Crackers	
Frozen	Herbs/Spices/Oils	Household
Frozen or canned corn	Olive oil	
Sweet potato fries	Dried thyme	
1 (12 oz) package of Reames® Frozen Egg Noodles	Smoked paprika	
	Ground cinnamon	
	Mustard	
	Brown sugar	
	Cornstarch	