



My Weekly Meal Plan

Meal Plan		Notes
Monday	Chicken Pot Pie Puffs with side salad	
Tuesday	Baked Spaghetti with Meatballs with steamed broccoli and garlic bread	
Wednesday	Sweet & Spicy Shrimp with steamed green beans	
Thursday	Chipotle Sheet Pan Chicken Fajitas with steamed corn and Mexican rice.	
Friday	Crock Pot Loaded Potato Soup with Cheddar Bay Biscuits and apple slices	
Saturday	Slow Cooker Korean Beef Bowls Serve with rice and this Asian Salad from It Is a Keeper	
Sunday	Plan to Eat Out	

Date: Week 3—October



My Weekly Shopping List

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

Produce	Pantry	Meat
1 Orange	Linguini noodles	8 oz. Chicken, cooked (rotisserie)
1 Lime	2 Chipotle peppers in adobo sauce	2½ to 3 lbs. Ground beef
Apples	1 - 10.75 oz. Cream of chicken soup	1 lb. Shrimp
1 med. Onion	Italian Bread Crumbs	2 lbs. boneless, skinless chicken breast
1 Red Onion	1 pound box thin spaghetti	Bacon
Garlic bulb	1 - 45 oz. Spaghetti sauce	3 lbs. Boneless beef chuck roast
Shallots	Apricot or peach preserves	
Green onions	Bisquick baking mix	
2 bags Coleslaw mix	Ketchup	Dairy
Carrots	Soy sauce	Eggs
Lettuce	Red curry paste	Milk
Tomatoes	Mexican rice	Butter
Cucumbers	2 lg. boxes Chicken broth	Sour cream
4 Bell peppers, any color	Beef broth	1 lb. block Mozzarella cheese
Idaho baking potatoes	Ramen noodles	Cheddar cheese, shredded
Fresh ginger	Slivered almonds	1 can Refrigerated biscuits
	12 Tortillas	Orange Juice
	Herbs/Spices/Oils	
	Olive oil	
	Ground coriander	
	Chili powder	
	Garlic powder	
	Italian seasoning	
Frozen	Red pepper flakes	Household
1 pkg. Mixed vegetables	Cumin	
Garlic bread	Dried oregano	
green beans	Dried parsley flakes	
corn	Garlic powder	
Fresh or frozen broccoli	Sesame seeds	
	Brown sugar	
	Cornstarch	
	Apple cider or red wine vinegar	