

My Weekly Meal Plan



Meal Plan	
Monday	Crock Pot Chicken Santa Fe Soup with Fritos and Sour Cream
Tuesday	Shrimp Scampi with Steamed Asparagus
Wednesday	Plan to Eat Out
Thursday	Rigatoni with Sausage and Broccoli Rabe with a side salad and garlic bread
Friday	Pizza Burgers with French fries and grapes
Saturday	Crock Pot Balsamic Chicken with rice and steamed broccoli
Sunday	Crock Pot Roast Beef with sour cream gravy, mashed potatoes and steamed carrots

Notes

Date: Week 1—December





My Weekly Shopping List

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



Produce	Pantry	Meat
1 Lemon	1 - 15 oz. can Corn	1.5 lbs. Chicken breasts or rotisserie
Grapes	1 - 15 oz. can Black beans	20 Jumbo shrimp
1 lg. Onion	1 - 14 oz. can Diced tomatoes with chiles	3.5 lbs. Chicken thighs or boneless breasts
1 Garlic bulb	1 - 8 oz. can Tomato sauce	frozen or fresh Hamburger patties
2 lg. Tomatoes	1 - 14.5 oz. can Roasted tomatoes	1 - 12 oz. Pkg. Mild Italian sausage
1 Cucumber	1 box Angel hair or linguine pasta	4-5 pound beef roast, any cut
Lettuce, any variety	1 box Rigatoni pasta	
1 head Broccoli rabe	Panko Bread and Italian Seasoned Bread Crumbs	Dairy
Asparagus	1 box Rice	
Carrots	1 box Chicken stock	Eggs
1 bag Potatoes	1 box beef stock	Milk
	Dijon mustard	Butter
	Balsamic vinegar	Velveeta cheese
	Dry white wine	Sour cream
	1 bag Fritos	Mozzarella cheese
		Parmesan cheese
Frozen	Herbs/Spices/Oils	Household
French fries	Olive oil	
Garlic bread	1 envelope Taco seasoning	
	Parsley	
	Oregano	
	Basil	
	Cayenne pepper	
	Chili flakes	
	Garlic powder	
	All-purpose flour	
	Brown sugar	