



My Weekly Meal Plan



Meal Plan	
Monday	Friendship Casserole with California blend vegetable steamer
Tuesday	Easy Taco Pizza and Applesauce
Wednesday	Plan to Eat Out
Thursday	Crock-pot Lentil Butternut Squash Soup
Friday	Creamy Asiago Chicken Pasta with Garlic Bread and Side Salad
Saturday	Smoked Barbeque Beef Brisket with Macaroni and Cheese, and Coleslaw
Sunday	Sweet-Tart Cranberry Chicken with Rice and Steamed Carrots

Notes

Date: Week 2—November





My Weekly Shopping List

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



Produce	Pantry	Meat
Avocado	1 Jar Spaghetti sauce	2 lbs. Ground beef
1 Orange	1 Pkg. Egg noodles	1/2 lb. cooked hamburger
Cranberries	refried beans	1.5 lbs. Boneless chicken breast
Garlic	1.5 lbs. Dried brown lentil beans	2 Boneless, skinless chicken breasts
Carrots	1 Box vegetable broth	3 lb. Flat beef brisket
Onions	1 Pkg. Spaghetti noodles	
Butternut squash	Panko bread crumbs	
Celery	14 oz can whole or diced tomatoes	Dairy
Carrots	Liquid smoke	Eggs
Lettuce	Worcestershire sauce	Milk
Tomato	Barbecue sauce	Butter
Cole slaw mix	Macaroni and cheese	Heavy cream
	Applesauce	1 8oz. package of cream cheese
	Ketchup	Shredded Mozzarella cheese
	Rice	Parmesan cheese
	Doritos	Shredded cheddar cheese
		Shredded Asiago cheese
		1 Tube Pizza crust
Frozen	Herbs/Spices/Oils	Household
California blend vegetable steamer pack	Olive oil	
Garlic bread	Bay leaf	
	Garlic powder	
	Minced onion	
	Package of taco seasoning	
	Dried basil	
	Dried oregano	
	Dried thyme	
	All purpose flour	
	Brown sugar	