

My Weekly Meal Plan



Meal Plan

Notes

| | |
|-----------|--|
| Monday | Lemon Butter Salmon Pasta with Steamed Broccoli |
| Tuesday | Crock Pot Frito Taco Casserole |
| Wednesday | Plan to Eat Out |
| Thursday | Thanksgiving Turkey with all your favorite sides |
| Friday | Leftover Turkey Crock Pot Three Bean Turkey Soup with Salad and Dinner Rolls |
| Saturday | Simple Sloppy Joes with French Fries and Steamed Green Beans |
| Sunday | Beef Stir-fry with Egg Rolls |

Note: You'll need to choose your favorite sides for Thanksgiving dinner and add any necessary ingredients to your shopping list.



Date: Week 4—November



My Weekly Shopping List

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

| Produce | Pantry | Meat |
|---------------------|--------------------------------------|-----------------------------|
| 2 Lemons | 1 Box Spaghetti noodles | 2 Pink salmon filets |
| Garlic | 1 - 10 oz. can Cheddar cheese soup | 3 lbs. Ground beef, divided |
| Onion | 1 - 14 oz can Refried beans | 1 large sirloin steak |
| Mushrooms | 2 cans Italian style stewed tomatoes | 1 Large Turkey |
| Bean sprouts | 1 - 15.5 oz can Red kidney beans | |
| Snow peas | 1 - 15.5 oz can Pinto beans | |
| Bell pepper | 1 - 15.5 oz can Navy beans | |
| Lettuce | 1 - 32 oz. Box Chicken broth | Dairy |
| Fresh parsley | Ketchup | Eggs |
| Fresh cilantro | White vinegar | Milk |
| Small head broccoli | Mustard | Butter, and Margarine |
| | Worcestershire sauce | Shredded Cheddar cheese |
| | Soy sauce | |
| | Teriyaki sauce | |
| | Fish sauce | |
| | Frito corn chips | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Frozen | Herbs/Spices/Oils | Household |
| Broccoli florets | bay leaf | |
| French fries | 2 Packets taco seasoning | |
| green beans | Italian seasoning | |
| Egg rolls | Brown Sugar | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |