

My Weekly Meal Plan

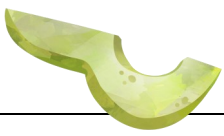


Meal Plan	
Monday	Pineapple Teriyaki Chicken with fried rice and steamed green beans
Tuesday	Skillet Sweet Potato Tacos with sliced avocados and Spanish Rice
Wednesday	One Pot Zesty Pasta Primavera with crusty Italian rolls
Thursday	Chicken Pot Pie with Apple Salad
Friday	Crock Pot Italian Bean Meatball Soup Caesar salad with Caesar dressing
Saturday	Plan to Eat Out
Sunday	Crock Pot French Dip Sandwiches with Sweet Potato Fries and Applesauce

Notes

Date: Week 2—December





My Weekly Shopping List

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



Produce	Pantry	Meat
2 lg. Apples	1 box White Rice	1 to 1.5lbs Pre-cooked chicken
2 Lemons	1 box Barilla® Pronto™ Penne	2 1/2 – 3 lbs. Thin cut sirloin tip steak
1 Lime	1- 14.5 oz. can Diced tomatoes	3-4 pieces Boneless skinless chicken breasts
1 Avocado	1 - 10 oz. Diced tomatoes with green chiles	
2 sm. Red onions	1 can Black beans	
3-4 med. - lg. Onions	2 envelopes Au Jus Gravy Mix	
2 Garlic bulbs	1 - 12 oz. Pineapple juice	
2 lg. Tomatoes	Hurst's Ham Beens® Italian Bean Soup (found in the dry beans section)	Dairy
Romaine lettuce	1 box Chicken broth	Eggs
Celery	1 box Beef broth	Milk
Baby spinach	Applesauce	Butter
Mushrooms sliced	Croutons	5 oz. Goat cheese (or feta cheese)
1 lg. or 2 sm. Zucchini	Capers	1 pint Light cream, or half and half
1 lg. Sweet potato	Mayonnaise	Parmesan cheese
Asparagus	Dijon mustard	Cheddar or provolone cheese
1 pkg. Walnut halves	1 - 4 oz. jar Teriyaki sauce	
1 pkg. Dried cranberries	Worcestershire sauce	
1 bunch Fresh basil	Champagne vinegar	
1 bunch Fresh cilantro	Apple cider vinegar	
	10 Soft taco shells	
	Crusty Italian rolls	
	Sub rolls	
Frozen	Herbs/Spices/Oils	Household
1 bag Stir-fry vegetables	Olive oil	
1 bag Green beans, long	Canola or vegetable oil	
2 bags Corn	Bay leaves	
1 bag Peas	Red pepper flakes	
1 pkg. Puff pastry	Garlic powder	
Mini meatballs	Mustard powder	
Sweet potato fries	Thyme	
	2 pkg. Taco seasoning mix	
	All-purpose flour	
	Honey	
	Brown sugar	