My Weekly Meal Plan

Meal Plan		Notes
Monday	Skillet Lasagna with steamed broccoli and garlic bread	
Tuesday	Instant Pot Thai Chicken Rice Bowl with sliced cucumbers	
Wednesday	Crock Pot Beef Vegetable Soup with Pumpkin Cornbread	
Thursday	Simple Oven Tacos with lettuce, tomato, onion, guacamole and steamed corn	
Friday	Plan to Eat Out	
Saturday	Instant Pot Brats and Peppers with macaroni and cheese and roasted Brussels sprouts	
Sunday	Oven Fried Chicken with mashed potatoes and Winter Beet Salad	

Date: Week 3—December

My Weekly Shopping List Always check your kitchen supplies to see what you already have on-hand.

Produce	Pantry	Meat
Lime	1 can Cannellini beans	2 lbs. Ground beef
1 Persimmon	1 box Long-grain white rice	1 pkg. of 6 Brats
1-2 sm. Onion	1 box Beef broth	4 Chicken breasts (about 2 lbs.)
1 lg. Sweet onion	1 – 15 oz. can Pumpkin puree	1 ^{1/2} lbs. Lean beef stew meat
1 bulb garlic	1 – 24 oz. jar Pasta sauce	1 lb. Ground beef, or turkey
2 Zucchini	1 – 14.5 oz. can Hunt's® diced roasted tomatoes	Dairy
1 Yellow squash	1 – 8 oz. Refried Beans	Eggs
3 med. Green bell pepper	1 box Macaroni and cheese	Milk
1 lg. Red sweet bell pepper	1 box Plain bread crumbs	Butter
1 lg. Yellow sweet bell pepper	1 box Bow-tie pasta	Ricotta cheese
Cucumbers	1 – 5 oz. Rotel® tomatoes, green chiles	Parmesan cheese
Bean sprouts	White vinegar	8 oz. pkg. Cheddar Cheese, shredded
Carrots	1 jar Fish sauce	Guacamole
Lettuce	Sriracha or hot sauce	Sour cream
1 bunch or bag Fresh spinach	Soy sauce	Goat cheese
1 bag Mixed salad greens	Thai sweet chili sauce	
1 bunch Fresh basil	Peanut butter	Herbs/Spices/Oils
2 bunches Broccoli (or frozen)	Corn Taco Shells	Olive oil
Tomatoes	1 Bag ® Famous Long Potato Rolls	Bay leaves
Fresh Brussels sprouts		Onion powder
1 sm. bulb Fennel		Garlic powder
1 Fresh ginger root		Garlic salt
1 bunch Cilantro		Mrs. Dash® Garlic & Herb seasoning
Peanuts		1 pkg. Taco seasoning
1 bag Potatoes		Cinnamon
2 med. Beets		Cloves
4 oz. Hazelnuts		Nutmeg
Frozen	Household	Whole wheat flour
Garlic bread		All-purpose flour
Mixed vegetables		Cornmeal
Corn		Dark black strap molasses
		Honey
		Sugar

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