N	/Ieal Plan	Notes
Monday	Slow Cooker Pizza Casserole with side salad	
Tuesday	Chicken Noodle Soup, Black Bean Chili, with a platter of cheese and crackers and some Christmas goodies	
Wednesday (Christmas)	Brown Sugar Pineapple Ham Instant Pot Candied Sweet Potatoes, mashed potatoes, deviled eggs, green bean casserole, & cranberry sauce with pecan pie for dessert	
Thursday	Ham and Cheese Tater Tot Casserole with leftover sides	
Friday	Creamy Crock Pot Mexican Chicken with side salad	
Saturday	Plan to Eat Out	
Sunday	Crock Pot Creamy Cajun Pork Chops with rice and steamed green beans	

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

	Weekly Shopping	
Produce	heck your kitchen supplies to see what you already Pantry	Meat Meat
1 – 2 lg. Onions	1 can Sliced pineapple	1 lb. Ground Italian sausage
1 Green pepper	2 – 15 oz. cans black beans	2 boneless skinless chicken breasts
1 bulb garlic (or a jar minced)	2 cans Corn	1.5 lbs. Pork stew meat
1-2 Green peppers	1 can Cannellini beans	7 lb. Ham
Celery	3 – 14.5 oz. cans Black beans	8 oz. pkg. diced ham (or leftovers)
Lettuce	1 – 32 oz. box Swanson Louisiana Cajun Broth	2.5 lbs. Boneless skinless chicken breast or thighs
Tomatoes	2 – 14 oz. jars Pizza sauce	2 lbs. Boneless pork chops
Grape tomatoes	3 – 32 oz. boxes Low-sodium chicken broth	Dairy
Carrots	1 box Rice	2 doz. Eggs
Cucumbers	1 box Tri-colored pasta	Milk
Fresh cranberries	1 box Penne or rigatoni Noodles	Butter
1 bag Potatoes	1 – 2 can Cream of mushroom soup	Cream cheese
1 pkg. Pecan halves	1 – 10.75 oz. can Cream of chicken soup	Colby jack cheese, shredded
	2 – 14.5 oz. cans diced Tomato w/ chilis	16 oz. bag cheddar cheese, shredded
	Miracle Whip	Sour cream
	Yellow mustard	Ricotta cheese
	1 jar Basil pesto	Parmesan cheese
	1 jar Salsa	1 Unbaked pie crust
	1 pkg. French Fried Onions	Herbs/Spices/Oils
	1 pkg. Mini marshmallows	Olive oil
	1 pkg. Tortillas	Bay leaves
Frozen	Household	Chili powder
1–2 pkg. green beans		Ground cumin
32 oz. bag Tater tots		Cinnamon
		Nutmeg (whole)
		Garlic powder
		Oregano
		Vanilla extract
		Corn syrup
		Dark corn syrup
		Cornstarch
		Sugar
		Brown sugar