

## My Weekly Meal Plan

## Meal Plan Notes Simple Chicken and Veggies Monday with baked potatoes Tuesday Favorite Appetizers (New Year's Eve) Instant Pot Black-eyed Peas Wednesday with Jalapeno Cheddar (New Year's Day) Skillet Cornbread Baked Salmon with wild rice Thursday and steamed asparagus Bahn Mi Pizza with Friday Red Cabbage Asian Slaw Crock Pot Loaded Potato Saturday Soup with Crock Pot BBQ Cranberry Chicken Sliders Sunday Plan to Eat Out Note: I've listed ingredients for several of the Favorite Appetizers for New Year's Eve. But there are so many more.

Be sure to select your favorites and add the ingredients to your shopping

list.

Date: Week 5—December

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

Produce	Pantry	Meat
Grapes	1 box Wild rice	2–3 Boneless, skinless chicken breasts
1-2 Meyer lemon	2 boxes Chicken broth	4 Boneless, chicken breasts
1-2 Orange	1 lb. dried black-eyed peas,	24 oz. Ham or a use leftovers, (diced)
1-2 Onions	1 can Whole cranberry sauce	3 Fresh salmon filets
Lime	1 jar or bottle Sweet BBQ sauce	Ground Pork
1 Garlic bulb	1 jar Smokey BBQ sauce	1 pkg. Smoked bacon
2 Jalapeno peppers	1 bottle Chili sauce	
1 bunch Green onions	1 – 18 oz. jar Cherry preserves	Dairy
1 pkg. Red cabbage	Miracle Whip®	2 dozen Eggs
2 lbs. thick Asparagus	Yellow mustard	Milk
Greens (spinach, kale, etc.)	Rice vinegar, or Apple cider vinegar	Buttermilk
Shredded Carrots	Sriracha sauce	Butter
Carrots	Thai Sweet Chili Sauce	Spreadable cheeses
Baking potatoes	Soy sauce	Block cheese, variety of flavors
1 bunch Dill weed	Crackers, for cheese platter	1 cup of shredded cheddar cheese
Chopped Fresh Cilantro	2 Pizza Shells	Mozzarella Cheese
1 Fresh ginger root	King's Hawaiian® Jalapeno Slider Buns	Sour cream
1 bag Potatoes		Sharp cheddar cheese, shredded
		Cream cheese
		1 can Pillsbury® Garlic Breadsticks
Frozen	Herbs/Spices/Oils	Household
Broccoli and cauliflower mix	Olive oil	
Frozen meatballs	Sesame oil	
	Bay leaves	
	Dry minced onion	
	Cornstarch	
	Yellow ground cornmeal	
	All-purpose flour	
	Baking soda	
	Honey	

<sup>©</sup> FLOURONMYFACE.COM