

My Weekly Meal Plan



Meal Plan

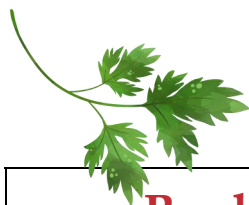
Meal Plan	
Monday	Crock Pot Cowboy Bean Soup and Corny Company Bread
Tuesday	Rosemary Dijon Pork Chops and Twice Baked Potatoes along with Cinnamon Baked Apple Slices
Wednesday	Easy Alaska Sole Sliders with Broccoli and Cauliflower Salad
Thursday	Crock Pot Beefy Ranch Potatoes with Side Salad
Friday	Plan to Eat Out
Saturday	Creamy Baked Million Dollar Chicken Spaghetti with Easy Garlic Rolls
Sunday	Balsamic Marinated Pork Tenderloin with side of Steamed Cauliflower Rice and Cherry Tomatoes

Notes

Date: Week 1—January

My Weekly Shopping List

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



Produce	Pantry	Meat
1-2 Apples	2-24 oz. Spaghetti sauce	2 Pork tenderloins (about 1.25 lbs. ea)
2 Lemons	1 Pkg. Dried Cowboy beans (Hurst's)	4-6 Pork Chops (about 8 oz. ea.)
1 Garlic bulb	1 - 15.5 oz. can Stewed tomatoes	6 Alaska sole fillets
1 Sweet or yellow onion	64 oz. Beef broth	1 1/2 lb. Ground beef
1 Red onion	1 pkg. Spaghetti	1 lb. Bacon
3 Bell peppers	1 can Corn	1 lb. Chicken filets
6-8 Large Russet Potatoes	1 can Cream-style corn	3 Cups Chicken (pre-cooked)
1 pkg. New baby potatoes	1 - 5 oz. box Bacon Ranch Scalloped Potatoes	Dairy
1-2 Lg. Tomatoes	Balsamic vinegar	Eggs
1 pkg. Cherry tomatoes	Dijon mustard	Milk
Spinach	Mayonnaise	Butter
Baby carrots	Real bacon bits	Sour cream
1 bunch Rosemary sprigs	White vinegar	Shredded cheddar cheese
1 bunch Lemon thyme	All-purpose flour	Cottage cheese
lettuce	1 pkg. Cornmeal	1 can Biscuits
2 bunches Broccoli	12 Hawaiian mini rolls	Parmesan cheese
1 bag Carrots	Walnuts	
	Sunflower seeds	
	Dried raisins	
Frozen	Herbs/Spices/Oils	Household
1 Pkg. Peas	Olive oil	
	Vegetable oil	
	Coconut oil	
	Paprika	
	Italian seasoning blend	
	Ground cinnamon	
	Garlic powder	
	Onion powder	
	Baking powder	
	Cayenne pepper	
	Cornstarch	
	Brown sugar	
	Sugar	