

# My Weekly Meal Plan

## Meal Plan

Meal Plan	
Monday	Steak and Egg Protein Buddha Bows
Tuesday	One Pan Chicken Sausage Skillet
Wednesday	Crock Pot Vegetable Lasagna with Side Salad and Garlic Bread
Thursday	Lemon Shrimp Pasta with Steamed Carrots
Friday	Crispy Chicken Drumsticks with Steamed Green Beans and Loaded Rice Cauliflower
Saturday	Crock Pot Stuffed Bell Peppers with Steamed Corn
Sunday	Plan to Eat Out

## Notes

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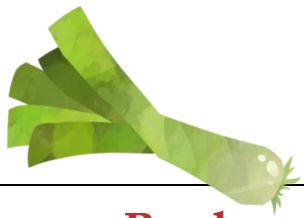
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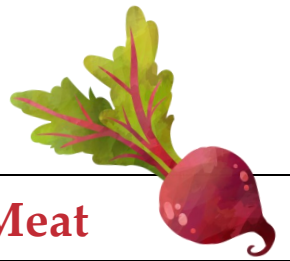
Date: Week 2—January





# My Weekly Shopping List

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



<b>Produce</b>	<b>Pantry</b>	<b>Meat</b>
Avocado	1 jar Spaghetti sauce	Flank Steak
1 Lemon	1 box Chicken broth	8 oz. extra small Shrimp
1 Garlic bulb	2 - 15 oz. cans tomato sauce	Chicken drumsticks
2 Sweet or yellow onions	1 box Long-grain white rice	1 Package of al fresco roasted pepper and asiago chicken sausage
1 Red onion	1 box Spaghetti noodles	Bacon
1 Green bell pepper	Sundried tomatoes	1.5 lbs. Ground beef
1 Yellow bell pepper	Goddess Dressing	
Carrots	Quinoa	<b>Dairy</b>
4 sm. Zucchini	Cornmeal	Eggs
4 sm. Yellow squash	Breadcrumbs	Milk
1 pkg. Grape tomatoes		Butter
1 bunch Broccoli		1 lb. Mozzarella cheese
Lettuce		Parmesan cheese
Tomatoes		Ricotta cheese
Cucumbers		Hummus
Fresh chives		Shredded Cheddar Cheese
<b>Frozen</b>	<b>Herbs/Spices/Oils</b>	<b>Household</b>
Garlic bread	Olive oil	
Birds Eye Steamfresh Veggie Made™ Riced Cauliflower	Italian seasoning	
Green beans	Dried parsley	
	Oregano	
	Paprika	