Meal Plan		Notes
Monday	Lasagna Roll-ups with Lemony Feta and Carrot Salad and Breadsticks	
Tuesday	Crock Pot Orange Chicken with Sweet Potatoes and Roasted Zucchini	
Wednesday	Cottage Pie with Applesauce	
Thursday	Hearty Slow Cooker Three Bean Beef Chili and Homemade Corn Muffins	
Friday	Easy Crock Pot Chicken Fajitas with Tortillas and Favorite Toppins	
Saturday	Plan to Eat Out	
Sunday	Instant Pot Garlic Pork Tenderloin with Roasted Herb Potatoes with Parmesan and Caesar Salad	

My Weekly Meal Plan

Date: Week 3—January

## My Weekly Shopping List

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

Produce	Pantry	Meat
2 Lemons	1 jar Spaghetti sauce	1 lb. Ground beef or turkey
2 Garlic bulbs	1 pkg. Lasagna noodles	6 boneless, skinless Chicken thighs
2-3 Yellow onions	1 box Chicken broth	2 lbs. Ground beef (divided)
1-3 lg. Green bell peppers	1 box Beef broth	1 Rotisserie chicken
Fresh basil, thyme and oregano	2 cans Tomato paste	
1 pkg. Potatoes	1 – 15.5 oz. can Chick peas	
4 med. Sweet potatoes	1 – 15.5 oz. can Kidney beans	
Celery	1 – 15.5 oz. can Black beans	Dairy
Carrots	1 – 28 oz. can Chopped tomatoes	Eggs
1-2 med. Zucchini	Salsa	Milk
1 pkg. Baby spinach	Worcestershire sauce	Butter
Lettuce	Orange marmalade	Sour cream
Romaine lettuce	Applesauce	Parmesan cheese
Tomatoes	Caesar salad dressing	Mozzarella cheese, shredded
Pine nuts	Croutons	Ricotta cheese
Honey	All-purpose flour	Feta cheese
	Cornmeal	1 pkg. Sharp cheddar cheese
	Balsamic Vinegar	
	1 Bottle dry red wine	
	Tortillas	
Frozen	Herbs/Spices/Oils	Household
Breadsticks	Olive oil	
1 pkg. Mixed vegetables	Oregano	
	Onion powder	
	Italian seasoning	
	Parsley flakes	
	Chili powder	
	Cayenne pepper	
	Dried rosemary	
	Dried thyme	
	Garlic powder	
	2 pkgs. Fajita seasoning mix	
	Baking powder	
	Cornstarch	
	Brown sugar	

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